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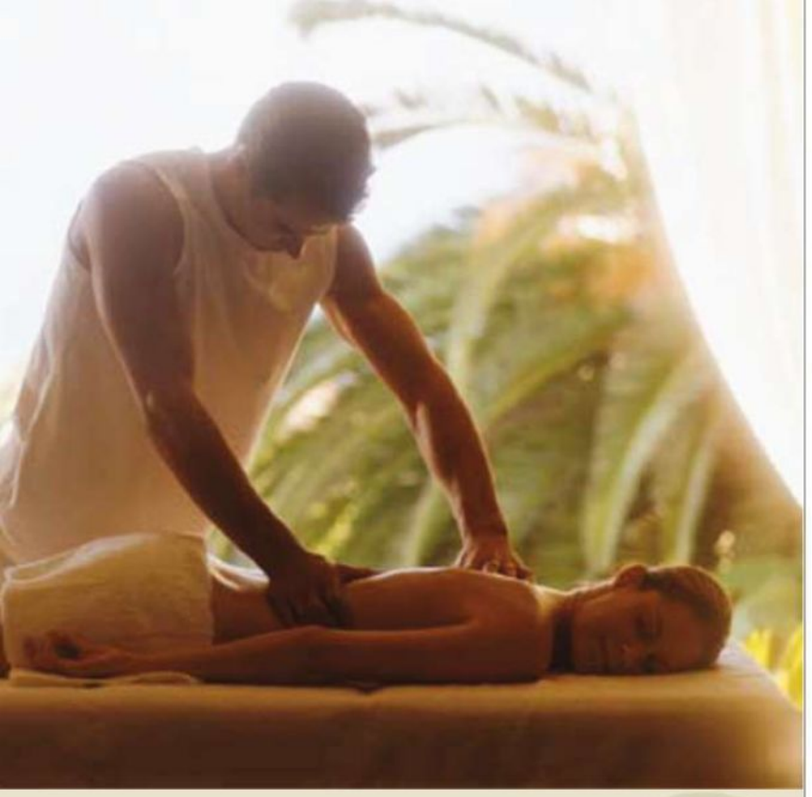

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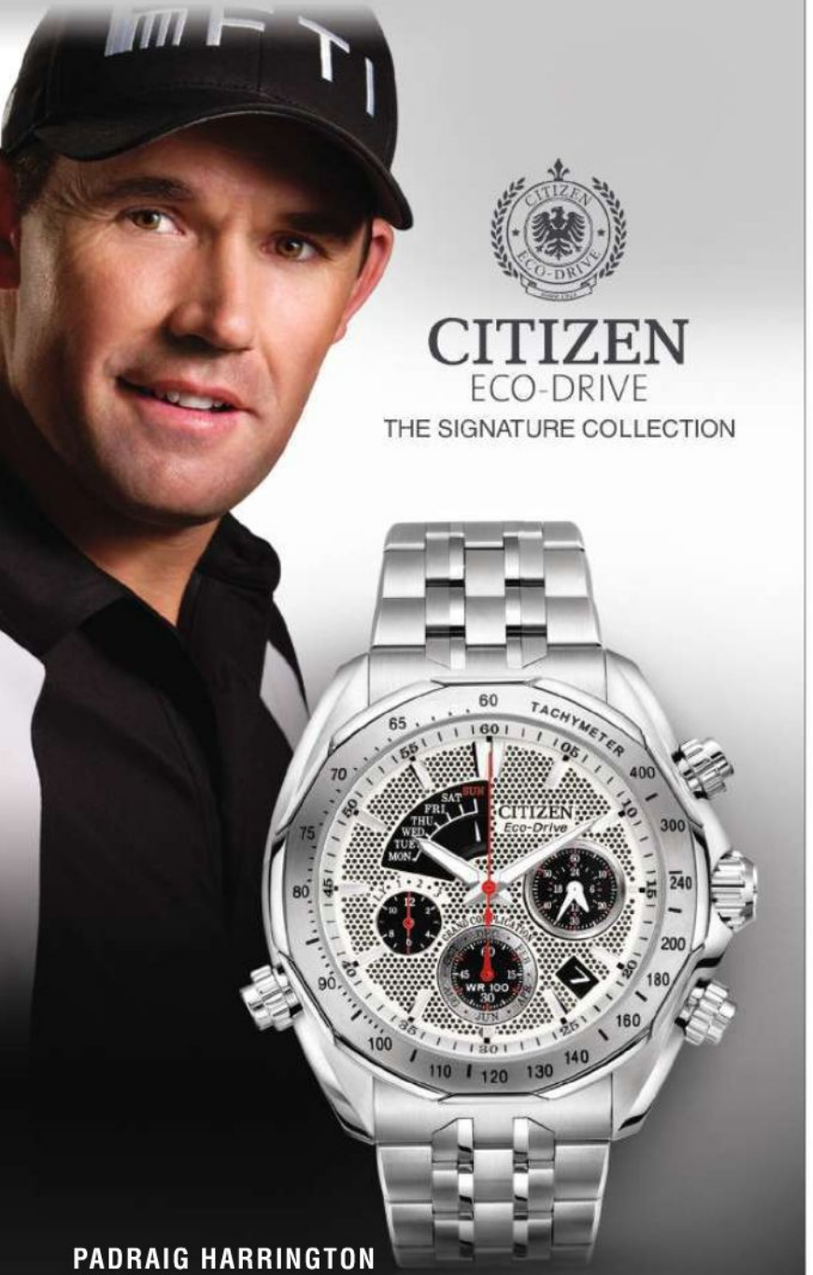

pop quiz

Have you logged on yet? Facts and figures from the Inland Empire are part of our online quiz. Test your "IE" IQ today. Here are the results from last month's quiz:

Musician Sheila E. will be performing in Temecula this summer. What does the E stand for?

A. Evans	**11%**
B. Everett	**3%**
C. Escovedo	**86%**

(answer: C, Escovedo. She is the daughter of percussionist Pete Escovedo)

Star Trek The Exhibition is now showing in downtown Riverside. According to StarTrek.com, Captain Kirk's *Enterprise* had a crew of...

A. 250	**9%**
B. 430	**72%**
C. 610	**19%**

(answer: B. 430)

John Elway's Crown Toyota is located in the Ontario Auto Center. What year was Elway inducted into the Pro Football Hall of Fame?

A. 2002	**14%**
B. 2004	**68%**
C. 2006	**18%**

(answer: B, 2004)

Junior University is staging "The Adventures of Robin Hood" this summer in San Bernardino. Which is not a traditional "Robin Hood" character?

A. Maid Marian	**1%**
B. Friar Tuck	**7%**
C. Little Joe	**92%**

(answer: C, Little Joe. It's Little John who is Robin's lieutenant)

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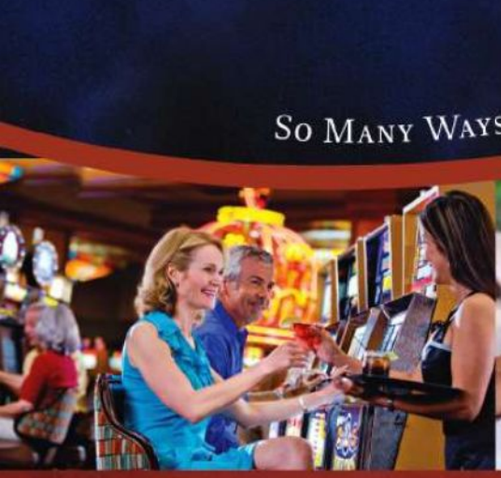

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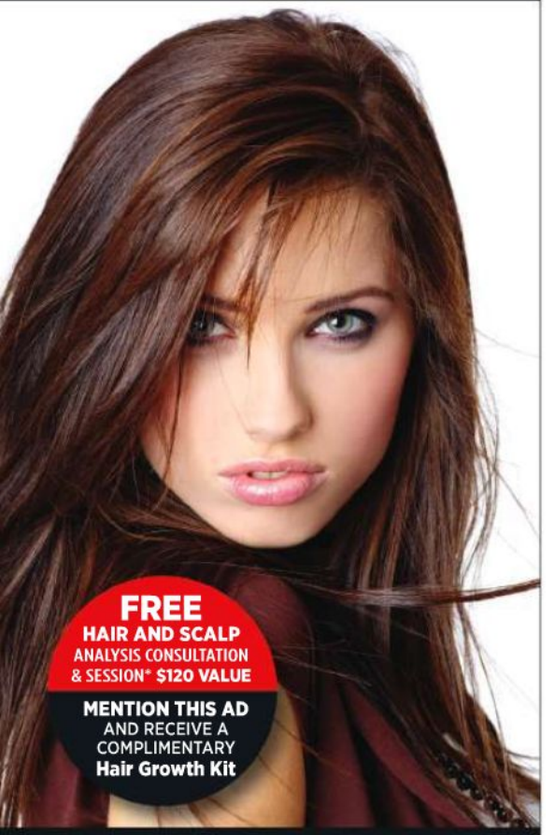

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SUMMER BLISS

Bruce Brown wrote and directed a film in 1966 about two young surfers who travel the world in search of the perfect wave, extending the surfing season indefinitely. *The Endless Summer* wasn't exactly a documentary and it definitely wasn't a mindless teen movie. Its title became iconic for a generation that didn't want the fun to end. Fortunately, it doesn't have to. In this issue, you'll discover things to do, places to go, and people to see. One of them is comedian Paul Rodriguez who will be appearing at the Improv in Ontario Aug. 6, 7, and 8. Paul's enjoyed a long career because he finds humor in everything and nothing is off-limits, including himself. He recently said that he can't help it; he sees humor in everything. "It's the mind's response to adversity," he says, a thought echoed by the old adage, "laughter is the best medicine." But nothing's quite as rewarding as being in charge of your own destiny and Redlands' Lacey Schwimmer is one example. She passed on the last season of "Dancing with the Stars" where she had shined as an instructor. But she's taken her passion for the art of dance to another level as a designer and business woman. Under the Sugar & Bruno label, Lacey and fellow "Dancing with the Stars" instructor Chelsie Hightower have launched a line of clothing which includes dancewear and accessories. Creativity and business is always a good combination and no one knows that better than our cover chef, Guy Fieri. Guy's a professional chef and restaurant owner, TV host and family man. A likeable character, he's also business savvy and hasn't wasted a second turning his popularity into profit. Read the article and see what I.E. rocker he's planning to buddy up with on a new venture. To that end, check out the classes offered to the community through our local colleges and university extension programs. While some really might be rocket science, others are designed for personal enrichment. Cooking classes, too, offered by local chefs like Robert Sevaly of The Cooking Store in Riverside are worth checking out. You're never too old to learn something new, especially if you get to eat it. But if going and doing has you worn out, take a trip to our local mountains to regroup. The lakes and streams are full and nature awaits. Indulging in it can be rewarding. Maybe that's what those guys were getting at in *The Endless Summer* as they pursued eternal bliss. At any rate, squeezing all you can out of summer isn't such a bad idea.

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SUMMER FUN GUIDE

While reading your "28 Great Things to Eat and Drink this Summer," I thought of one of my faves: Tuesday night is Taco Night at El Torito. Great tacos, great atmosphere, and the price is perfect for these times.
MICHAEL WARD
E-MAIL

200 YEARS

My husband and I enjoyed your 200 year anniversary article on San Bernardino. There's been ups and downs over the years, but Mayor Morris looks like he's turning it around.

MARTHA M.
SAN BERNARDINO

APPRECIATES KVCR

As a lifelong resident of the Inland Empire, I've watched the growth and development of [local PBS television station] KVCR. I'm particularly delighted to see Inland Empire Magazine's support for public television. I've followed the monthly coverage you've given KVCR for their programming, and it's well appreciated. It's good to know Inland Empire Magazine has the right take on public entertainment.

ELAINE J.
SAN BERNARDINO

NEWCOMERS GUIDE

Just a note to say we're happy we found your magazine at Vons. We've just moved here from Northern California...and we find everything we need. Plus, your subscription price is a great bargain!

MARTINA HARRIS
TEMECULA

SISTER AIMEE

The story in the new issue brought back a rush of memories about the "Sister Aimee Castle." What a home, and the remodel looks great!

LINDA PEREZ
CORONA

WHAT DO YOU THINK? Inland Empire Magazine welcomes letters from its readers. Address to: Letters, Inland Empire Magazine, 3769 Tibbetts Ave., Suite A, Riverside, CA 92506; or email to letters@iemag.bz. Letters may be edited for space and clarity.

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Shining Stars

Riverside Medical Clinic Foundation celebrated its 25th anniversary at a special gala, "Shining Stars of the Community," held at the Riverside Convention Center. The evening included dinner, entertainment, live and silent auctions, and a program that remembered the foundation's past, celebrated the present and prepared for the future. Proceeds will help support Foundation programs for better health.

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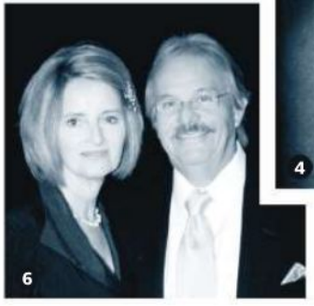
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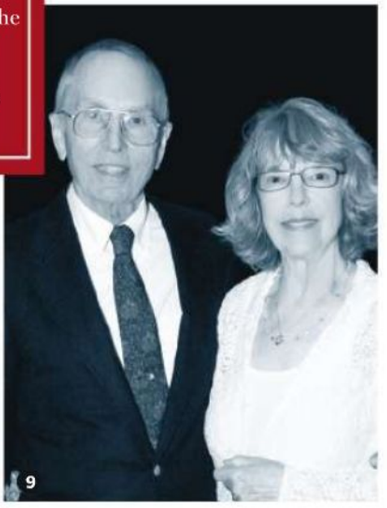
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Guests: **1.** Julie Wible, Katie Beer, Taylor and Allison Wood. **2.** Robyn and Starkie Sowers. **3.** Kay and Dean Peterson. **4.** Andrea McCormick and Victoria Milko. **5.** Jason and Elly Holmes. **6.** Sharon Sola-Ahluwalia and Art Jordan. **7.** Stephanie Clemens, Pam Herness. **8.** Chris and Rosa Clark. **9.** Dr. and Mrs. David Randel. **10.** Dr. Alex and Geraldine Batta. **11.** Brandi and Kevin Robbins. **12.** Cynthia Wright and Mike Marlatt. **13.** Bob and Barbara Kershaw.

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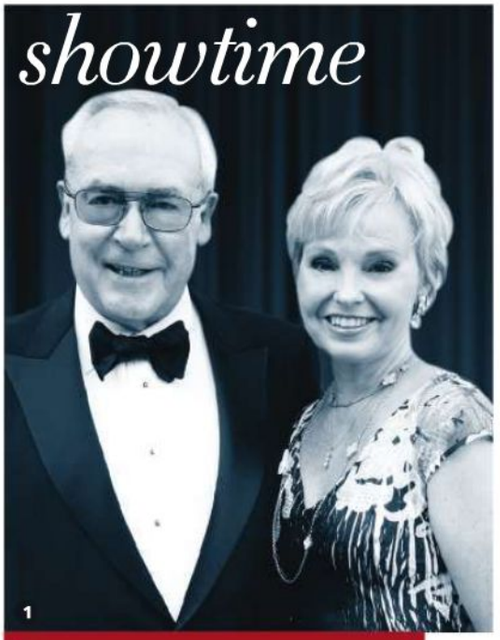
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SAN BERNARDINO 200 YEARS

San Bernardino celebrated its bicentennial with a NOS Events Center gala featuring dining, dancing and entertainment. *Inland Empire Magazine* was among the event sponsors.

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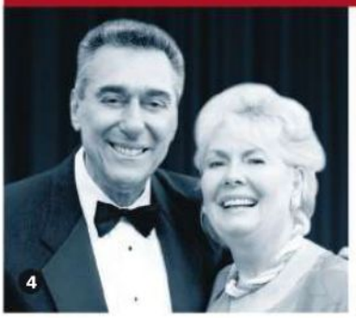
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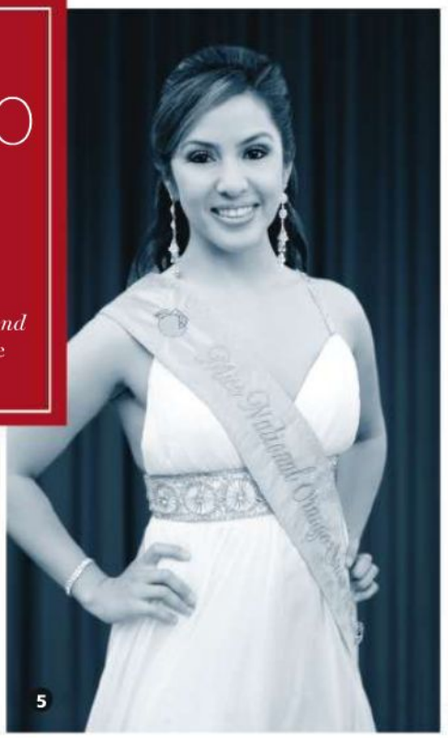
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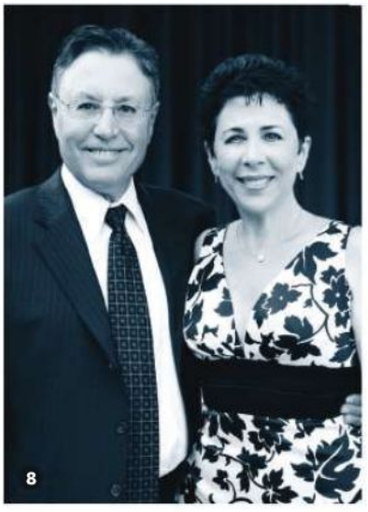
Guests: 1. Bruce and Nancy Varner. **2.** John and Liza Wilson. **3.** Bill and Janice Lemann. **4.** Dr. Albert and Marilyn Karnig. **5.** Crystal Munoz. **6.** Faun White, Jill Eaton, Patty Meinhardt. **7.** Marie and Alex Alonzo. **8.** Richard and Sharon Granowitz. **9.** Pastor Joshua and Linda Beckley. **10.** Sara Oloteo and Adriana Navarro. **11.** Kathy and Dr. Art Delgado.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GO RED FOR WOMEN

Women's health was the focus of the Go Red for Women luncheon at the Victoria Club in Riverside. The American Heart Association event featured Temecula's Melissa Mitchell discussing her family's struggle with heart disease. The association promotes heart health awareness and raises funds for heart research.

Guests: 1. Pam Sturrock, Sharon Sola. **2.** Nancy Sinclair, Suzanne Mason, Linda Ricci. **3.** Trish Benoit, Evon Cutts. **4.** Dr. Melissa Taylor, Dr. Helen Patzanakidis, Dr. Joanna Meshreky. **5.** Linda Nichols, Cynthia Wright, Julie Thomas. **6.** Tiffany Hoekstra. **7.** Jennifer Carlsen. **8.** Judy Carpenter, Janet Cuff. **9.** Dr. Marilyn Johnson, Erin Phillips. **10.** Linda Pearson, Ruth Battles, Jeff Tupper. **11.** Hannah Grinnan, Catherine Grinnan.

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My new heart makes me feel like a princess.

Nicole Vallez
Girly-Girl

Nicole loves to dress pretty and play with her dolls. She's a lot like other little girls – except for the fact that when Nicole was one, doctors discovered her heart was rapidly failing. She was immediately put on the transplant list at Loma Linda University Children's Hospital, where she later received the heart she needed to live. Twenty-five years ago, our heart team, led by Dr. Leonard Bailey, became the first in the world to perform infant heart transplants. Today we're still helping children like Nicole live to be happy, vibrant, and healthy.

lomalindakids.org

25 YEARS

LOMA LINDA UNIVERSITY
CHILDREN'S HOSPITAL

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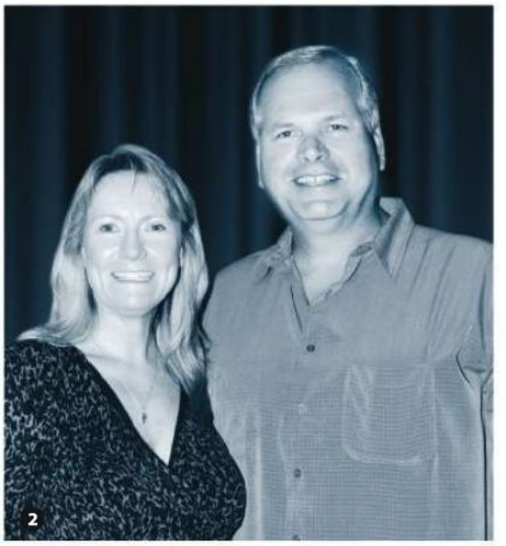

POMONA HOSPITAL WINE GALA

Pomona Valley Hospital Medical Center Foundation raised funds for the Neonatal Intensive Care Unit with its annual wine tasting event at the DoubleTree Hotel in Ontario. Wineries included Caymus, Galleano, Jordan, and Silver Oak.

Guests: 1. Chris Anderson, Zach Anderson, Alex Siliceo, Julie Romo. **2.** Tina Parisi and Duane Kennedy. **3.** Kristine Riopelle, Andrew Derbish, Marilyn Sampson. **4.** Jeanine and John Solomon. **5.** Colette Amorelli, Kathleen Verga. **6.** Charles Magistro, Richard Yochum. **7.** Richard Davis, Dr. Stephanie Cropper, Kirsti Zitar. **8.** Matthew and Meagann Freetage. **9.** Dr. and Mrs. Johnson Lightfoote. **10.** Jim Dale and Traci Bennett.

PHOTOGRAPHY: MIA SANTANA

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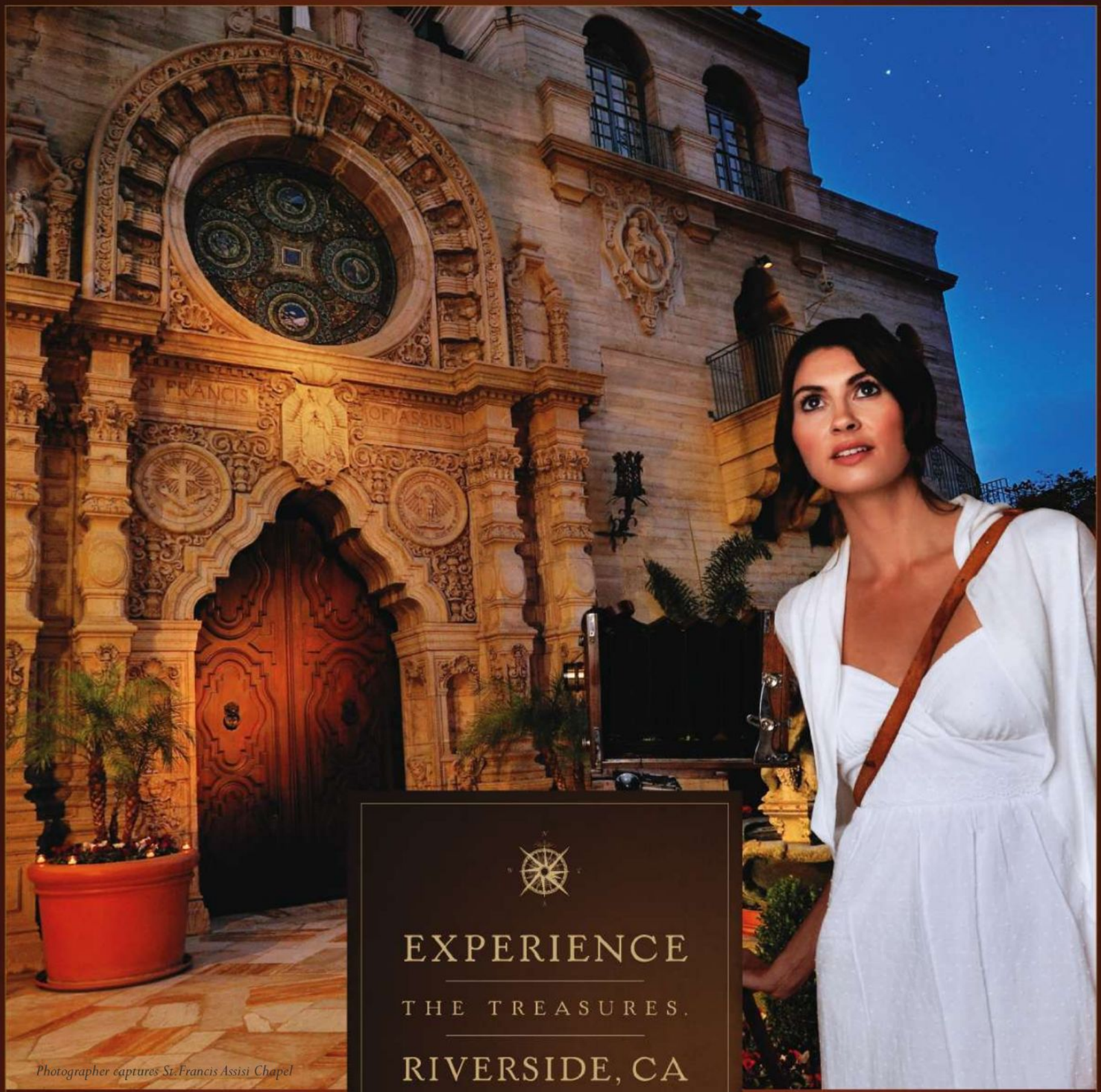

Photographer captures St. Francis Assisi Chapel

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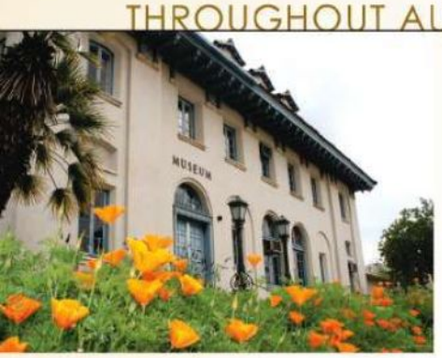
THROUGHOUT AUGUST



1 Riverside Metropolitan Museum Exhibits
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For more info call 951-826-5273

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2 Farmers Market
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For more info call 951-826-2370

3 First Sundays
All downtown museums
Riverside, CA 92501
Sundays 1 – 4 p.m.
For more info call 951-684-7111

4 Star Trek The Exhibition: Where Science Meets Science Fiction
The Metropolitan Showcase
3800 Main Street
Riverside, CA 92501
Daily 12 – 8 p.m.
$15 Adults
$12 Children/Seniors (55+)
For more info call 951-826-5273

AUGUST DATES TO REMEMBER

5 August 1: Star Trek (2009): Special Screening
Fox Performing Arts Center
3801 Mission Inn Avenue
Riverside, CA 92501
3 p.m. • $9 ($6 seniors 55+ & students w/ID) • For more info call 951-779-9800 or visit www.foxriversidelive.com

6 August 4: Rhythm of Riverside: Summer Concert Series
Fairmount Park
2601 Fairmount Boulevard
Riverside, CA 92501
6 – 9 p.m. • For more info call 951-826-2000

7 August 5: Riverside Arts Walk
Downtown Riverside
6 – 9 p.m. • For more info call 951-682-6737

8 August 6: Gone With the Wind: Special Screening
Fox Performing Arts Center
3801 Mission Inn Avenue
Riverside, CA 92501
7 p.m. • $9 ($6 seniors 55+ & students w/ID) • For more info call 951-779-9800

9 August 7 – 8: The 2nd Annual Ultimate Jazz Festival
Fairmount Park
2601 Fairmount Boulevard
Riverside, CA 92501
11 a.m. • For more info visit www.theultimatejazzfestival.com or call 951-780-9091

10 August 11: Rhythm of Riverside: Summer Concert Series Featuring music by: Latin Society (Latin/Salsa)
Fairmount Park
2601 Fairmount Boulevard
Riverside, CA 92501
6 – 9 p.m. • For more info call 951-826-2000

11 August 13: Riverside Arts Council Art Show Featuring Jeff Ribaudo
Riverside Plaza
3545 Central Avenue
Riverside, CA 92506
6 – 8 p.m. • For more info call 951-680-1345

12 August 18: Discovery Days (3rd Wednesday of every month) Birds of Prey
Riverside Metropolitan Museum
3580 Mission Inn Avenue
Riverside, CA 92501
1:30 – 4:30 p.m. • For more info call 951-756-4240

13 August 24: Photography Exhibit: Joey Lehman Morris
UCR California Museum of Photography
3824 Main Street
Riverside, CA 92501
12 – 5 p.m. • For more info call 951-827-4787

14 August 26: Inlandia Institute Creative Writing Workshop Featuring: Ruth Nolan
Downtown Riverside Public Library
3581 Mission Inn Avenue
Riverside, CA 92501
6:30 – 8:30 p.m. • For more info call 951-826-5201

15 August 27: Don McLean Concert
Fox Performing Arts Center
3801 Mission Inn Avenue
Riverside, CA 92501
Begins at 8 p.m. • For more info call 951-779-9800

16 August 31: Photography Exhibit: History's Shadow
UCR California Museum of Photography
3824 Main Street
Riverside, CA 92501
12 – 5 p.m. • For more info call 951-827-4787

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PLAYLIST

TOM ARNOLD

TOM & FRIENDS

The **Laugh Out Loud** comedy festival comes to San Bernardino

Showtime's LOL Comedy Festival is July 30 and 31 at San Bernardino's California Theatre for the Performing Arts, 562 W. 4th St., featuring Tom Arnold, Willie Barcena, Caroline Rhea, Louie Anderson and Jon Lovitz. Outside the theatre from 5 p.m. to 11 p.m. on both nights there will be free events open to adults. Inside the theatre, Arnold appears Friday at 8 p.m.; Barcena at 9:30 p.m. On Saturday, it's Rhea at 6 p.m., Anderson at 8 p.m. and Lovitz at 9:30 p.m. Tickets: (909) 885-5152 or ticketmaster.com.

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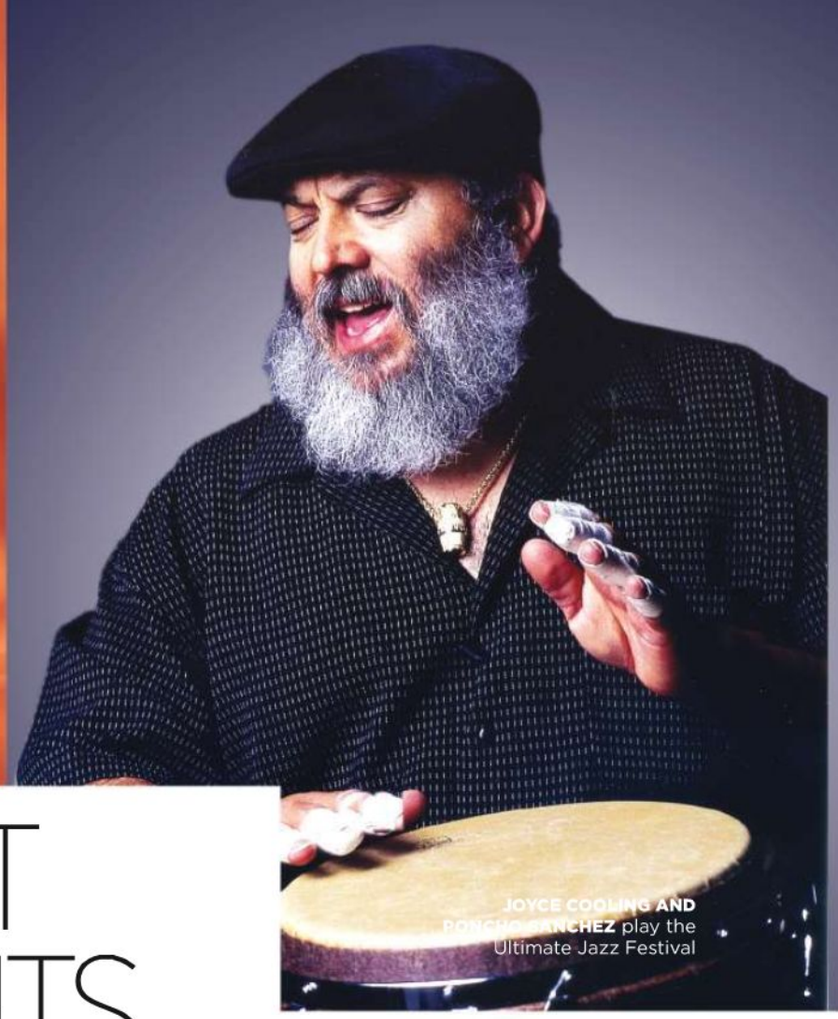

JOYCE COOLING AND PONCHO SANCHEZ play the Ultimate Jazz Festival

HOT AUGUST DAYS & NIGHTS

From smooth sounds to **fiery rhythms**, jazz in all its glorious forms fills the air as many of the **hottest stars** perform this month throughout the region. **By Jeanne Boyer**

A rich array of jazz is taking place this month in the Inland Empire.

In Temecula, Thornton Winery continues its Champagne Jazz with saxophonist **Warren Hill and Acoustic Alchemy Aug. 7**; Gentlemen of the Night featuring smooth sax men **Marion Meadows, Paul Taylor and Michael Lington Aug. 14**; singer and multi-instrumentalist **Bobby Caldwell Aug. 21**; saxophonist **Dave Koz** and singer-guitarist **Jonathan Butler** with special guest **Sheila E. Aug. 28 and 29.** Thornton Winery is at 32575 Rancho California Rd. Saturday concerts are 7 p.m., Sunday concerts 5 p.m. Tickets are $60 for Warren Hill, Gentlemen of the Night, and Bobby Caldwell, with gourmet supper packages $135. For Dave Koz, Jonathan Butler and Sheila E., Saturday's concert is $85, or $160 with supper; Sunday's concert is $75, or $140 with supper. (951) 699-3021, thorntonwine.com

SHEILA E comes to Thornton Winery

• • •

Several other Temecula wineries offer jazz as well, accompanied by wine tasting, art exhibits and refreshments. They include saxophonist **Naomi Balcombe** at Lorimar **Aug. 28**, 6 to 9 p.m., 42031 Main St., (951) 240-5177. Keyways has weekend music at 37338 DePortola Rd., (951) 302-7888. Falkner Winery has free jazz on the patio Sundays noon to 3 p.m., 40620 Calle Contento, (951) 676-8231. See temeculawines.org.

• • •

Temecula also has **Jazz at the Merc.** Presented by Old Town Temecula Community Theater at the Mercantile, it's at 42051 Main St. in one of Temecula's original buildings that has now been restored to create an intimate jazz setting. Vocalist **Sherry Williams** appears **Aug. 12**; guitarist **Patrick Berrogan's "Hot Club Combo"** featuring Lou Fanucchi on the accordion is **Aug. 19**; and "Three Trios" featuring **Harry Pickens, Bob Boss, Marshall Hawkins and Harold Mason** takes the stage **Aug. 26**. All shows are at 7:30 p.m. Tickets are $15. Information: 1-800-OLD-TOWN or tickets.temeculatheater.org.

• • •

The **Ultimate Jazz Festival** returns to Riverside's Fairmount Park **Aug. 7 and 8**, with percussionist Poncho Sanchez, saxophone players Michael Paulo, Steve Cole, and Jeff Kashiwa, guitarists Joyce Cooling and Stanley Jordan, keyboardists Gail Johnson and Marcus Johnson, and the bands Pete Escovedo & Family, Con Funk Shun, and Zapp among its stars. The park is at 2601 Fairmount Blvd. Advance tickets are $40 per day or VIP $165,

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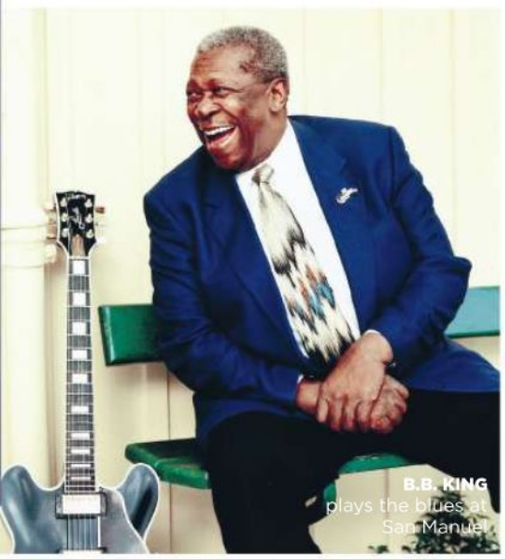
which include reserved table seating and refreshments. Two-day advance passes are $70 or VIP $310. Event day prices are $50 per day or $180 VIP (no two-day passes sold at event). See the ultimatejazzfestival.com for more information.

• • •

B.B. King of "The Thrill is Gone" fame also visits the I.E. this month. The legendary bluesman, along with fellow



B.B. KING plays the blues at San Manuel

blues guitarist Buddy Guy, is at San Manuel Indian Bingo and Casino **Aug. 12** and Harrah's Rincon **Aug. 14**. San Manuel is at 777 San Manuel Blvd., Highland. Concert is at 6:30 p.m., and tickets are $45, $55, and $65. 1-800-359-2464 or sanmanuel.com. Harrah's Rincon is at 777 Harrah's Rincon Way, Valley Center. Tickets are $45. (760) 751-3100 or harrahsrincon.com.

• • •

Finishing up the month on a high note will be Idyllwild's **Jazz in the Pines, Aug. 28 and 29,** with headliners saxophonist Tom Scott, pianist David Benoit, vocalist Kenny Washington and Latin jazz guitarist Oscar Hernandez. Also featured are more than 25 acts per day on three stages. The event is at the Idyllwild Arts Academy, 52500 Temecula Rd., Idyllwild. Gates open at 10 a.m., with jazz from 10:30 a.m. till 5 p.m. Tickets are $60 per day. Food, beer, wine and margaritas are available. See idyllwildjazz.com for details, including dinner packages.

Concerts

WHO TO SEE NOW

RICK SPRINGFIELD AND BRET MICHAELS July 31 Pala Casino, 11154 Hwy 76, **Pala**. 7 p.m. Tickets start at $39. 1-877-WIN-PALA, www.palacasino.com

MICHAEL MCDONALD Aug. 4 Stewart Park, 9th and Orange Streets, **Beaumont**. 7 p.m. Free. (951) 769-8524, www.ci.beaumont.ca.us

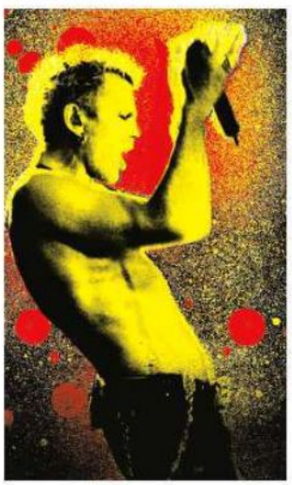
RINGO STARR Aug. 5 Agua Caliente Casino, Resort, Spa, 32-250 Bob Hope Dr., **Rancho Mirage**. 8 p.m. Tickets $125, $95, $70. 1-888-999-1995, www.hotwatercasino.com

ROB THOMAS Aug. 6 Pechanga Resort & Casino, 45000 Pechanga Parkway, **Temecula**. 8 p.m. Tickets $110, $90, $75. 1-877-711-2WIN, www.pechanga.com

ROB THOMAS Aug. 7 Fantasy Springs Resort, Hotel & Casino, 84-245 Indio Springs Parkway, **Indio**. 8 p.m. Tickets $29 to $59. 1-800-827-2946, www.fantasyspringsresort.com

GOLDEN BOYS Aug. 8 Starring former teen idols Frankie Avalon, Bobby Rydell and Fabian. Morongo Casino, 45000 Seminole Dr., **Cabazon**. 8 p.m. Tickets $55. 1-800-252-4499, www.morongocasinoresort.com

BILLY IDOL Aug. 11 & 13 Pechanga Resort & Casino, 45000 Pechanga



Parkway, **Temecula**. 8 p.m. Tickets $95, $75, $60. 1-877-711-2WIN, www.pechanga.com

B.B. KING AND BUDDY GUY Aug. 12 San Manuel Indian Bingo and Casino, 777 San Manuel Blvd., **Highland**. 6:30 p.m. Tickets $65, $55, $45. 1-800-359-2464, www.sanmanuel.com

To Page 36

AUGUST AT THE BOWL

Opera, ballet, patriotic marches and the music of Patsy Cline highlight the **Redlands Bowl** summer music series this month.

DEMETRA GEORGE AND HAQUMAI SHARPE perform at the Redlands Bowl

Opera, ballet, Russian dance, military flourishes, country music and a grand finale symphony are on the program for the Redlands Bowl this month in Smiley Park. Concerts are at 25 Grant St., Redlands, at 8:15 p.m., with a 7:30 community sing on Tuesdays. Free admission, with a free-will offering taken at intermission. (909) 793-7316, or redlandsbowl.org.

Tuesday, August 3: Nancy Walker performs a tribute to the music of the late country singer Patsy Cline, famed for songs like "Crazy" and "Walkin' After Midnight."

Friday, Aug. 6: A Magical Night of Opera. Famous arias performed by soprano Demetra George, tenor Haqumai Sharpe, and baritone Ralph Cato. Conducted by Frank Paul Fetta.

Tuesday, August 10: The Marine Corps Air Ground Combat Center Band. Performing a wide variety of popular tunes, marches, and patriotic songs, the band has a tradition of musical excellence highlighted by good-natured humor and superlative ensemble and solo work.

Friday, August 13 and Saturday August 14: The Little Mermaid. A modern adaptation of the Hans Christian Andersen tale about a mermaid who rescues a shipwrecked prince. Presented by Inland Pacific Ballet; choreographed by Daniel Kirk and Eric Skinner.

Tuesday, August 17: Massenkoff Russian Folk Festival. Starring singer Nikolai Massenkoff, the program features a virtuoso balalaika ensemble and exuberant Russian folk dancing. The authentic costumes and passionate music provide a journey to the heart of Russian culture.

Friday, August 20: The Redlands Bowl Symphony Orchestra presents "Themes and Variations," conducted by Frank Paul Fetta. Guest pianist Rufus Choi performs Rachmaninoff's "Rhapsody on a Theme of Paganini." Fireworks accompany the orchestra finale.

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PLAYLIST

more concerts

TED NUGENT Aug. 13 Agua Caliente Spa, Casino, Resort, 32-250 Bob Hope Dr., **Rancho Mirage**. 9 p.m. Tickets $80, $60, $40. 1-888-999-1995, www.hotwatercasino.com

B.B. KING AND BUDDY GUY Aug. 14 Harrah's Rincon Hotel and Casino, 777 Harrah's Rincon Way, **Valley Center**. 8 p.m. Tickets $45. (760) 751-3100, www.harrahsrincon.com

OZZFEST Aug. 14 San Manuel Amphitheater, 2575 Glen Helen Parkway, **Devore**. 1 p.m. Tickets $39.50 to $155, (909) 88-MUSIC, www.livenation.com

BOB DYLAN & JOHN MELLENCAMP Aug. 19 Citizens Business Bank Arena, 4000 E. Ontario Parkway, **Ontario.** 7 p.m. Tickets $79.50, $62.50, $42.50. (909) 244-5600, cbbankarena.com

BILLY IDOL Aug. 20 Agua Caliente Spa, Casino, Resort, 32-250 Bob Hope Dr., **Rancho Mirage**. 9 p.m. Tickets $110, $80, $60. 1-888-999-1995, www.hotwatercasino.com

CHRIS ISAAK Aug. 20 Pechanga Resort & Casino, 45000 Pechanga Parkway, **Temecula**. 8 p.m. Tickets $85, $65, $55. 1-877-711-2WIN, www.pechanga.com

THE BEACH BOYS Aug. 22 Pechanga Resort & Casino, 45000 Pechanga Parkway, **Temecula**. 7 p.m. Tickets $70, $55, $45. 1-877-711-2WIN, www.pechanga.com

DON MCLEAN Aug. 27 Fox Performing Arts Center, 3801 Misson Inn Ave., **Riverside**. 8 p.m. Tickets $29 to $71. (951) 779-9800, www.foxriversidelive.com

ENGELBERT HUMPERDINCK Aug. 28 Pechanga Resort & Casino, 45000 Pechanga Parkway, **Temecula**. 8 p.m. Tickets are $75, $60, $45. 1-877-711-2WIN, www.pechanga.com

HUEY LEWIS AND THE NEWS Aug. 28 Harrah's Rincon Hotel and Casino, 777 Harrah's Rincon Way, **Valley Center**. 8 p.m. Tickets $35. (760) 751-3100.

HUEY & RINGO IN THE DESERT

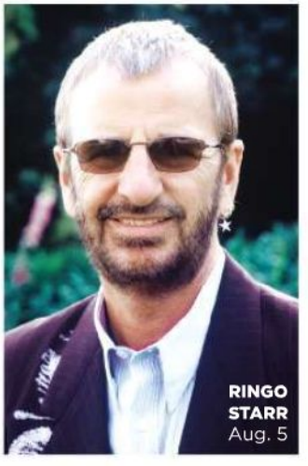
August brings rockers **Ringo Starr** and **Huey Lewis and the News** to Agua Caliente Casino Resort.

HUEY LEWIS AND THE NEWS Aug. 27

Ringo Starr and **Huey Lewis and the News** will be rocking the desert this month with concerts at Agua Caliente Casino, Resort, Spa at 32-250 Bob Hope Dr., Rancho Mirage.

Ringo and his All Starr Band appear **Aug. 5** at 8 p.m. Tickets are $70, $95, $125 at startickets.com or 1-800-585-3737. "My live shows are a peace-and-love fest," Ringo says. Ringo's latest album, *Liverpool 8*, is a reflective journey through the former Beatle's life and career, and was co-produced and co-written with Dave Stewart.

Huey Lewis and the News perform **Aug. 27** at 9 p.m. Known for "The Power of Love," the band has a new album in the works. Tickets are $35, $50, $80. Visit startickets.com or call 1-800-585-3737. (Lewis also appears at Harrah's Rincon Aug. 28 at 8 p.m. 777 Harrah's Rincon Way, Valley Center. Tickets $35. (760) 751-3100, harrahsrincon.com.)



RINGO STARR Aug. 5

on stage

"ROBIN HOOD" Through Aug 7 Junior University's musical variation on the story of the famous outlaw. Perris Hill Bowl, 1001 E. Highland Ave., **San Bernardino**. Tues.–Sun. 8:15 p.m. Admission $8, child $4, family $15 in advance or $20 at the door; Tuesday free with Market Night. (909) 889-0833, www.junioruniversity.org

"THE LITTLE MERMAID" Through Aug. 8 A musical twist on the Hans Christian Andersen tale. LifeHouse Theater, 1135 N. Church St., **Redlands**. Friday 7:30 p.m., Saturday 2:15 and 7:30 p.m., Sunday 2:15 p.m. Tickets $14–$18, children ages 3-11 $7–$9. Same day tickets $1 more. (909) 335-3037, www.lifehousetheater.com

"GOD'S MAN IN TEXAS" Through Aug. 8 A church in Texas searches for a new leader. Rialto Community Players, 150 E. San Bernardino Ave., **Rialto**. Fri. and Sat. at 8 p.m., Sun. at 2 p.m. Tickets $8. (909) 873-8514, www.rialtocommunityplayers.org

"ONCE UPON A MATTRESS" Through Aug. 15 Musical adaptation of the *Princess and the Pea*. Candlelight Pavilion Dinner Theater, 455 W. Foothill Blvd., **Claremont**. Dinner and luncheon shows Wed. 1:45 and 6:45 p.m., Thurs. and Fri. 6 p.m., Sat. 11 a.m. and 6 p.m., Sun. 11 a.m. and 5 p.m. Tickets $48 to $68. (909) 626-1254, www.candlelightpavilion.com

REDLANDS THEATRE FESTIVAL Through Aug 21 Plays performed in repertory will be *Pump Boys and Dinettes* (Aug. 1, 7, 14, 20); *The 25th Annual Putnam County Spelling Bee* (Aug. 5, 11, 17, 21); *Steel Magnolias* (Aug. 3, 13, 19); *All the King's Women (Aug. 6, 12, 15); and Scapino* (Aug. 4, 10, 18). Prospect Park, Cajon Street and Highland Avenue, **Redlands.** 8:30 p.m. Tickets $18. (909) 792-0562, www.rtfseason.org

SUMMER CONCERT SERIES Aug. 2–Sept. 6 Aug. 6, Kulayd, Motown and doo-wop; Aug. 9 Suave, Latin and R&B; Aug. 16 Calypso Pirates, reggae; Aug. 23 Neon Nation, '80s hits; Aug. 30 Night Blooming Jazzmen, Dixieland. Memorial Park, N. Indian Hill Boulevard and West 8th Street, **Claremont**. 7:30 to 9 p.m. Free. (909) 399-5460, www.ci.claremont.ca.us

CLAREMONT SYMPHONY ORCHESTRA Aug. 5 The Claremont Symphony Orchestra presents children's classics. Memorial Park, 840 N. Indian Hill Blvd., **Claremont.** 7 p.m. Free. (909) 399-5460, ci.claremont.ca.us

SUMMER CONCERTS IN THE PARK Aug. 5, 11 Aug. 5 Soto, Latin and soul; Aug. 11 Stone Soul, Motown. Euclid Avenue between C and D streets, **Ontario**. 7 p.m. Free. www.ci.ontario.ca.us

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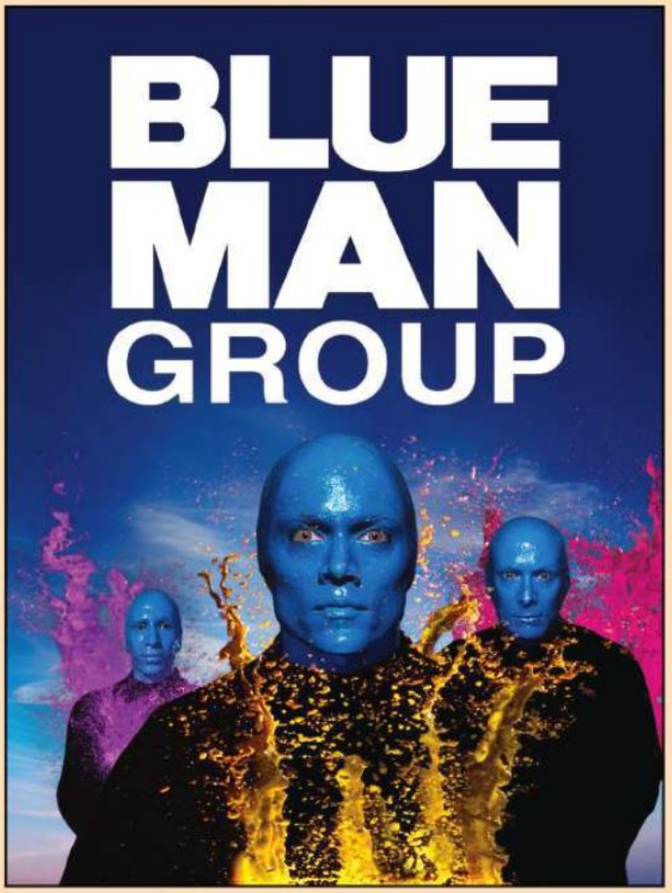
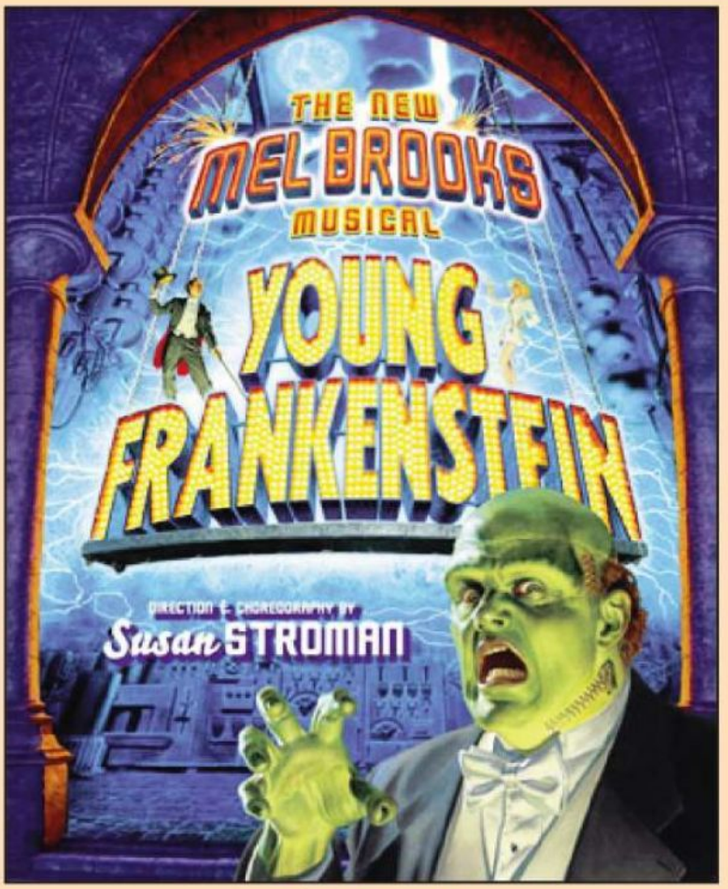
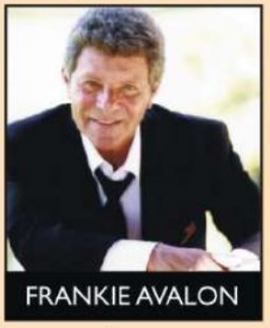


May 19-22, 2011



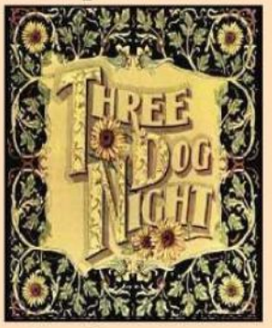
April 6-7, 2011

September 11, 2010

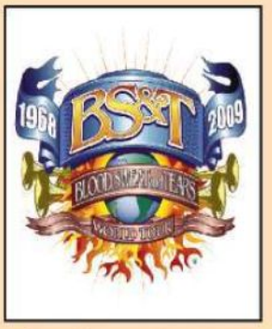


September 18, 2010

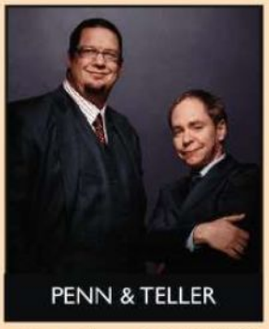
September 26, 2010



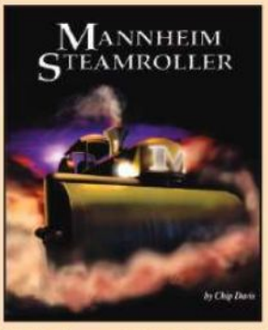
October 2, 2010



October 10, 2010



October 15, 2010



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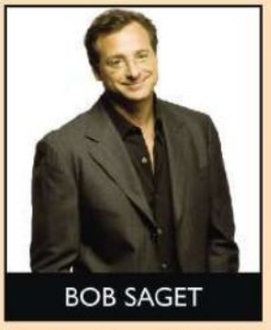
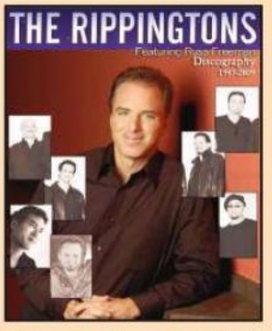


September 24, 2010



November 6, 2010

January 29, 2011

California Theatre of the Performing Arts 562 West 4th St. San Bdno.

For tickets please call (909) 885-5152 or Ticketmaster.com Log on to www.californiatheatre.net

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CREATIVE EXPRESSIONS

Artist **Chick Curtis** is well known on the local art scene for his landscapes and portraits. See his work at Ontario's **Museum of History and Art**.

"Dear Mr. and Mrs. Curtis, *Chick is a very nice boy. However, all he wants to do this year is draw. Please encourage him to work on his reading...." Mrs. Vanoy, Chick Curtis' first-grade teacher, 1950.* "If she could see my art today, she wouldn't have worried about me so much back then," says Curtis, now an established Riverside artist who teaches for the Redlands and Corona art associations. Curtis will be showing works on anachronism, intimacy and connection as part of the **Ontario Museum of History and Art's Invitational Exhibit**, opening **Aug. 13.** Curtis was a high school counselor in Riverside's Alvord School District for 33 years. Now retired, he finds "the desire to paint unquenchable." He creates both landscapes and portraits in oil, and finds the human figure "one of the most remarkable, interesting, and beautiful elements in life." The Museum of History and Art is at 225 S. Euclid Ave. It is open Thurs.–Sun. noon to 4 p.m. For information, call (909) 395-2510. The exhibit runs through Sept. 26.

PHOTOGRAPHY: AUBREY NOELLE

more on stage

LAKE ARROWHEAD VILLAGE ENTERTAINMENT SERIES Aug. 6–28 Aug. 6: Tia Wilson (original acoustic); Aug. 7: Lisa Loeb (singer-songwriter); Aug. 13: Battle of the Bands; Aug. 14: The Neil Deal (Neil Young tribute band); Aug. 20: Battle of the Bands; Aug. 21: Queen Nation (Queen tribute band); Aug. 27: Battle of the Bands; Aug. 28: Desperado (Eagles tribute band). 5:30 p.m. lakearrowheadvillage.com

ROCKIN' ON THE PROMENADE Aug. 7–28 Aug. 7: Queen Nation (Queen tribute band); Aug. 14: Desperado (Eagles tribute band); Aug. 21: The Police Experience (Police tribute band); Aug. 28: Lights (Journey tribute band). Promenade Shops at Dos Lagos, 2780 Cabot Dr., **Corona**. 7 p.m. Free. promenadeshopsatdoslagos.com

CLAREMONT SYMPHONY ORCHESTRA Aug. 12 The Happy Crowd and musical petting zoo introduce children to classical music. Memorial Park, 840 N. Indian Hill Blvd., **Claremont.** 7 p.m. Free. (909) 399-5460, ci.claremont.ca.us

"TUESDAYS WITH MORRIE" Aug. 13–22 Based on the best selling book. At The Grove, 276 E. 9th St., **Upland**. Fri. and Sat. at 7:29 p.m., Sun at 2 p.m. Tickets $48 to $68. (909) 920-4343, grovetheater.com

"ALL I REALLY NEED TO KNOW I LEARNED IN KINDERGARTEN" Aug. 14–15 A profound look at the whimsy of childhood. Lewis Family Playhouse, 12505 Cultural Center Dr., **Rancho Cucamonga**. 6 and 8 p.m. Tickets $12.50. (909) 477-2752, www.lewisfamily playhouse.com

"FIDDLER ON THE ROOF" Aug. 19–Sept. 5 Old Town Temecula Community Theater, 42051 Main St., **Temecula**. Thurs. & Fri. at 7:30 p.m., Sat. at 2 and 7:30 p.m., Sun. at 2 p.m. Tickets $20 to $28. 1-866-OLD TOWN, www.temeculatheater.org

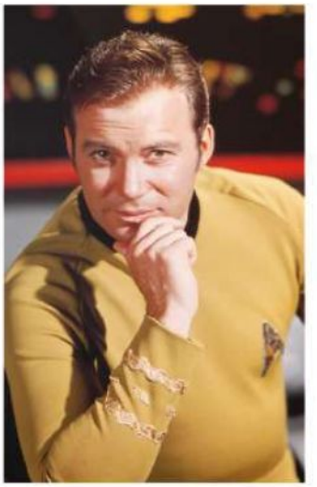
"DIRTY BLONDE" Aug. 20–29 A musical about two people who unite over their love of cultural icon Mae West. Rialto Community Players, 150 E. San Bernardino Ave., **Rialto**. Fri. and Sat. at 8 p.m., Sun. at 2 p.m. Tickets $8. (909) 873-8514, www.rialtocommunityplayers.org

GARRATT WILKIN AND THE PARROTHEADS Aug. 20 A celebration of Jimmy Buffet's music. Wilson Creek Winery & Vineyards, 35960 Rancho California Rd., **Temecula**. 7 p.m. Tickets $40. (951) 699-WINE, www.wilsoncreekwinery.com

"WILL ROGERS FOLLIES" Aug. 20–Sept. 26 A revue of the famed performer. Candlelight Pavilion Dinner Theatre, 455 W. Foothill Blvd., **Claremont**. Dinner and luncheon shows Wed. 1:45 and 6:45 p.m., Thurs. and Fri. 6 p.m., Sat. 11 a.m. and 6 p.m., Sun. 11 a.m. and 5 p.m. Tickets $48 to $68. (909) 626-1254, www.candlelightpavilion.com

"PURSUED" Aug. 21–Sept. 19 The story of Jonah, before and after the whale. LifeHouse Theater, 1135 N. Church St., **Redlands**. Friday 7:30 p.m., Saturday 2:15 and 7:30 p.m., Sunday 2:15 p.m. Tickets $14–$18, children ages 3-11 $7–$9. Same day tickets $1 more. (909) 335-3037, www.lifehousetheater.com

events



STAR TREK THE EXHIBITION: WHERE SCIENCE MEETS SCIENCE FICTION Through February 28 Explore Star Trek adventures; pose for pictures on the bridge of the starship Enterprise; see sets, costumes and props from the TV series and films. Metropolitan Showcase, 3800 Main St., **Riverside.** Noon to 8 p.m. daily. Admission $15, students and seniors $12. Purchase at the door. Photo concessions are available for an extra cost. (951) 826-5273, riversideca.gov/museum.

STAR TREK MOVIE SERIES Through Aug. 1 See the Star Trek films; two shown each weekend. Fox Performing Arts Center, 3801 Mission Inn Ave., **Riverside.** 3 p.m. Saturday and Sunday. Tickets $9; $6 seniors, students and children. (951) 779-9800. foxriversidelive.com

SAWDUST FESTIVAL Through Aug. 29 Fine art and crafts by more than 200 artists. 935 Laguna Canyon Road, Laguna Beach. Open daily 10 a.m. to 10 p.m. Admission $7.75, discounts for children and seniors. www.sawdustartfestival.org.

INLAND EMPIRE 66ERS Aug. 1–31 Minor league baseball. 280 S. "E" St., **San Bernardino**. Home games: Aug. 1 vs. San Jose; Aug. 3–5 vs. Lancaster; Aug. 10–12 vs. Stockton; Aug. 17–20 vs. Lake Elsinore; Aug. 24–26 vs. High Desert; Aug. 27–31 vs. Bakersfield. Tickets $6 to $10. (909) 888-9922, ie66ers.com

RANCHO CUCAMONGA QUAKES Aug. 3–30 Minor league baseball. 8408 Rochester Ave. **Rancho Cucamonga**. Home games: Aug. 3–5 vs. Lake Elsinore; Aug. 6–8 vs. Inland Empire; Aug. 13–15 vs. Stockton; Aug. 17–20 and 31 vs. High Desert; Aug. 27–30 vs. Lancaster. Tickets $6 to $12. (909) 481-5000, rcquakes.com

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Rockin' on The Promenade

Saturdays, 7:00 PM – 9:00 PM
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7 Queen Nation
a Tribute to the Music of Queen

14 Desperado
The Premier Eagles Tribute

21 The Police Experience
a Tribute to Police

28 Lights
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PLAYLIST

more events

RIVERSIDE ARTS WALK Aug. 5 Visit Riverside Art Museum, Metropolitan Museum and other downtown museums and art galleries. **Riverside.** 6 to 9 p.m. Riverside Arts Council (951) 680-1345 or inlandarts.com

LAKE ELSINORE STORM Aug. 6–23 Minor league baseball. 500 Diamond Dr., **Lake Elsinore**. Home games: Aug. 6–8 and 24–26 vs. Lancaster; Aug. 10–12 and 21–23 vs. Rancho Cucamonga. Tickets $8 to $10. (951) 245-4487, stormbaseball.com

GONE WITH THE WIND Aug. 6 Classic film returns to the Fox Riverside, where it had its 1939 sneak preview. Fox Performing Arts Center, 3801 Mission Inn Ave., **Riverside.** 7 p.m. Tickets $9; $6 seniors, students, children. (951) 779-9800. foxriversidelive.com

KNIGHTS OF THE SKY Aug. 7 Seminar on WWI aircraft includes opportunity to view Hanriot HD-1 Scout and replica of Fokker Dr. 1 triplane, favorite of "Red Baron" Manfred von Richthofen. Planes of Fame, 7000 Merrill Ave., **Chino**. 10 a.m. $11 adults, $4 ages 5-11. (909) 597-7576, planesoffame.org

ONTARIO MARKETPLACE Aug. 7, 14, 21, 28 Certified farmers market, food, designer clothing, arts and crafts, jewelry, cosmetics, auto accessories, flowers, furniture, sporting goods, antiques, health and wellness services, travel. Entertainment and kids fair. Ontario Convention Center, 2000 E. Convention Center Way, **Ontario**. Every Sat. 8 a.m. to 2 p.m. Free admission; preferred parking $5; free parking available on nearby lots and streets. (909) 472-3377.

LEWIS BLACK Aug. 14 Comedian. Pala Casino, 11154 Hwy. 76, **Pala**. 7:30 p.m. Tickets $35, $45, $50, $75. 1-877-WIN-PALA (946-7252), palacasino.com

MY PERFECT WEEKEND

Catherine Grinnan: Executive director, Arthritis Foundation, Inland Empire; volunteer, Loma Linda University Children's Hospital and other groups.

Friday, 4 p.m. Prepare linguini and clams in a white cream sauce for dinner. My children love this dish. We laugh, cook and share what has happened the past week with each other. **Friday, 7 p.m.** After dinner, my son and his wife go out for the evening, and I watch my two grandkids. We pop some popcorn and snuggle into a blanket on the couch as my grandson picks out a movie to watch. He likes to hold my hand until he falls asleep. **Saturday, 6:30 a.m.** Head over to Stell Coffee on Barton Road in Redlands. It's a great place to catch up on what's going on in Redlands. **Saturday, 11 a.m.** Take a brisk walk in Prospect Park. **Saturday, 12:30 p.m.** Meet some friends for lunch at Martha Green's in Redlands. I love the tuna melt, but you can't go there without getting the "pecan pie" cookie. **Saturday, 3 p.m.** After lunch, my girlfriends and I get mani-pedis at Angel Nails, then go shopping. At the very least I buy another pair of shoes. **Saturday, 6 p.m.** Take a late afternoon swim with my children. **Saturday, 8 p.m** Off to Citrone in Redlands for lobster ravioli, a glass of wine, and, for dessert, crème brulee with berries. **Sunday, 10 a.m.** Off to church with my children. I love to watch them pray and get balanced after a busy week. **Sunday, 3 p.m.** Pack a basket of treats and share it in the park stretched out on a blanket. After we're finished, we'll walk over to the Redlands Bowl to see Inland Pacific Ballet perform "The Little Mermaid."

POMONA ART WALK Aug. 14 & 28 American Museum of Ceramic Art, Andi Campognone Projects, Armstrong's Gallery, more. **Pomona.** 6 to 9 p.m. metropomona.com

WANDA SYKES Aug. 27 Comedian. Pala Casino, 11154 Hwy. 76, **Pala**. 8 p.m. Tickets $35, $55, $65, $90. 1-877-WIN-PALA (946-7252), palacasino.com

BRIAN REGAN Aug. 27 Comedian. Pechanga Casino, 45000 Pechanga Pkwy., **Pechanga**. 8 p.m. Tickets $45, $55, $65. 1-877-711-2WIN, pechanga.com

GRAPE HARVEST FESTIVAL Aug. 27–29 Entertainment, wine appreciation, grape stomping. Victoria Gardens, **Rancho Cucamonga**. Fri. 5 to 10 p.m., Sat. 10 a.m. to 10 p.m., Sun. 10 a.m. to 6 p.m. Admission $3. (909) 987-1012, ranchochamber.org

BILL MAHER Aug. 28 Comedian. Morongo Casino, 49500 Seminole Dr., **Cabazon**. 8 p.m. Tickets $69. 1-800-252-4499, www.morongocasinoresort.com

PHOTOGRAPHY: AUBREY NOELLE

food & wine

WINEMAKER'S SEVEN-COURSE DINNER July 30 Taste wine paired with dinner by Chef Michael of the Ritz-Carlton. Oak Mountain Winery, 36552 Via Verde, **Temecula.** 6 p.m. $85. (951) 699-9102.

BOCADITOS CLASS Aug. 3 South American empanadas, papusas and memelitas. Youth Activity Center, 1717 N. Indian Hill Blvd., **Claremont.** 6 p.m. Instruction fee $30; ingredient fee $15 (paid to instructor at class). City of Claremont, (909) 399-5490.

INCREDIBLE EDIBLES Aug. 11 Food and drink from area eateries and wineries. Scheu Family YMCA, 1150 Foothill Blvd., **Upland**. 6:30 p.m. $89 advance, $99 at door. (909) 946-6120. westendymca.org/scheufamily/events

FRESH SUMMER PASTA DINNER CLASS Aug. 21 Young Chefs Academy, 514 W. First St., **Claremont.** 6 p.m. $40. (909) 625-7505.

WINE TASTING EVENT Aug. 28 Taste wine and desserts. Lemonia Grove, 2750 Rimpau Ave., **Corona.** 4 p.m. $30. (951) 737-4664.

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PLAYLIST

fun-raisers

WOODIE JOHNSON SAUSAGE FEST July 31 Family fun with food and music. Benefits Kids Rock Free music education program. Fender Center, 365 N. Main St., **Corona**. 4 to 10 p.m. Free admission. (951) 735-2440, fendermuseum.org

SEA NO EVIL July 31 Art auction to benefit ocean preservation. Music by Matt Costa, and The Crystal Method, with artist Shepard Fairey as DJ. Speaker Paul Watson. Riverside Municipal Auditorium, 3485 Mission Inn Ave., **Riverside**. 6 p.m. $20. seashepherdartshow.com

CONCERT UNDER THE STARS July 31 & Aug. 7 Music, dancing, dinner from Walter's restaurant in Claremont presented by Hafif Family Foundation to benefit local charities. July 31, Susie Hansen Latin Band; Aug. 7, Jason Taylor & Change Nation (R&B). Hafif Estate, **La Verne**. 5:30 p.m. dinner, 7 p.m. concert. Tickets $55 from charities; contact Hafif office at (909) 625-7971 for list of participating organizations.

CHAFFEY COLLEGE FOUNDATION GOLF Aug. 2 Annual tournament benefits Chaffey College Foundation and Athletics Department. Western Hills Country Club, 1800 Carbon Canyon Rd., **Chino Hills.** (909) 652-6545, chaffey.edu

TWILIGHT CRUISE CAR SHOW Aug. 4 & 27 Admire classic cars and tour the Wally Parks NHRA Motorsports Museum. Opportunity drawing benefits the museum. Fairplex, 1101 W. McKinley Ave., **Pomona**. 4 to 8 p.m. Free admission. (909) 622-2133, museum.nhra.com

GONE WITH THE WIND SUMMER SOIREE Aug. 6 Reception with cast member Ann Rutherford followed by film screening. Benefits Fox Foundation. Fox Performing Arts Center, 3801 Mission Inn Ave., **Riverside**. 5:30 p.m. Tickets $100 each or $175 couple. (951) 686-4FOX (4369).

BLUES FOR THE ZOO Aug. 7 Outdoor concert with Delta Guitar Slingers, Guy Davis, Cafe R&B. Big Bear Lake Swim Beach Amphitheatre, 41220 Park Ave., **Big Bear Lake**. Gates open 2 p.m., concert 3 p.m. Tickets $35 advance; $40 at the gate. (909) 878-4200, moonridgezoo.org

ULTIMATE JAZZ FESTIVAL Aug. 7–8 Poncho Sanchez, Michael Paulo, Steve Cole, Stanley Jordan, Marcus Johnson, Pete Escovedo & Family, Con Funk Shun. Benefits Lupus International Foundation. Fairmount Park, 2601 Fairmount Blvd., **Riverside**. Tickets $40 per day advance, or $165 VIP; two-day passes $70 or $310 VIP. theultimatejazzfestival.com

MUSIC AT THE MANSION Aug. 8 Program of music and vocals. Benefits Big Bear Arts Council. Dinner available afterward in the Knickerbocker Mansion dining room, 869 Knickerbocker Rd., **Big Bear Lake**. 3 p.m. The concert and the dinner each cost $20. Reservations required: (909) 585-2907, bigbearartscouncil. org

INCREDIBLE EDIBLES Aug. 11 Food and drink from restaurants, bakeries, caterers, breweries and wineries. Benefits YMCA programs and scholarships. Scheu Family YMCA, 1150 Foothill Blvd., **Upland**. 6:30 p.m. $89 advance, $99 at the door. (909) 946-6120. westendymca.org/scheufamily/events

COMEDY FUNDRAISER Aug. 14 Comedian Bobby Collins performs at Top of the Notch restaurant, **Mt. Baldy.** Benefits medical research. Shows at 6 and 9 p.m. Tickets: (909) 527-3598.

NIKO NIKO REDLANDS CELEBRITY CHARITY GOLF TOURNAMENT Aug. 15 Tournament, golfing contests, prizes, family activities. Organized by Niko Niko Sushi Restaurant, Redlands. Benefits orphans and senior citizens. Yucaipa Valley Golf Club, 33725 Chapman Heights Rd., **Yucaipa.** Registration begins 7 a.m. (909) 557-7797, buiworldministries.org

RIVERSIDE HOUSING DEVELOPMENT CORP. GOLF Aug. 16 Golf, games, prizes. Part of *Inland Empire* magazine's Charity Golf Challenge. Benefits Riverside Housing Development Corporation affordable housing programs. Canyon Crest Country Club, 975 Country Club Dr., **Riverside.** $150 per player, $500 foursome. (951) 341-6511.

A MIDSUMMER EVE'S DREAM Aug. 21 Wine and hors d'oeuvre tasting interludes, followed by Elizabethan-themed dinner. Benefits Community Hospice Services, part of Hemet Hospice Volunteers. Humphrey Estate, **Temecula**. 5 to 9 p.m. Tickets $100. (951) 296-2829, communityhospiceservices.org

GALA SET TO FIGHT CANCER

LLU Medical Center surgeon **Dr. Leonard Bailey** will be honored at a gala this month to support **American Cancer Society** programs in the I.E.

Loma Linda University Medical Center surgeon Dr. Leonard Bailey will be honored at Fighting Together for More Birthdays, a gala Aug. 21 at the Victoria Club, 2521 Arroyo Dr., Riverside. The event benefits American Cancer Society's programs for cancer patients and families, and begins at 6 p.m. with cocktails and silent auction, followed by dinner and dancing. Also includes a birthday cake auction. Sponsors include Loma Linda University Cancer Center, Riverside Medical Clinic and Riverside County Medical Association. Dolores Green, RCMA executive director, chairs the event. Tickets $100; sponsored tables of 10, $1,500. Call Cindy Hall at (951) 300-1206, or see gala.acsevents.org/birthdays

PHOTOGRAPHY: JIM DORSEY

RHYTHM ON THE VINE

Grammy-nominated country star Dierks Bentley performs Aug. 14 at South Coast Winery Resort & Spa as part of Rhythm on the Vine, a concert series to benefit Shriners Hospitals for Children. Bentley's hits include "Beautiful World." South Coast Winery is at 34843 Rancho California Rd., Temecula. Doors open 5 p.m., dinner at 6:30 p.m., show at 8 p.m. Tickets range from $55 to $1,250. The $200 and up tickets include a gourmet dinner from the Vineyard Rose restaurant and wine from South Coast's award-winning vineyard. Room packages also available. South Coast's next Rhythm on the Vine concert is Oct. 2 with saxophonist Kenny G. See rhythmonthevine.org for more information.

COUNTRY STAR
Dierks Bentley

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Pelican Hill Resort, Newport Coast, CA $250

Primm Valley Golf Club, Primm, NV from $65*

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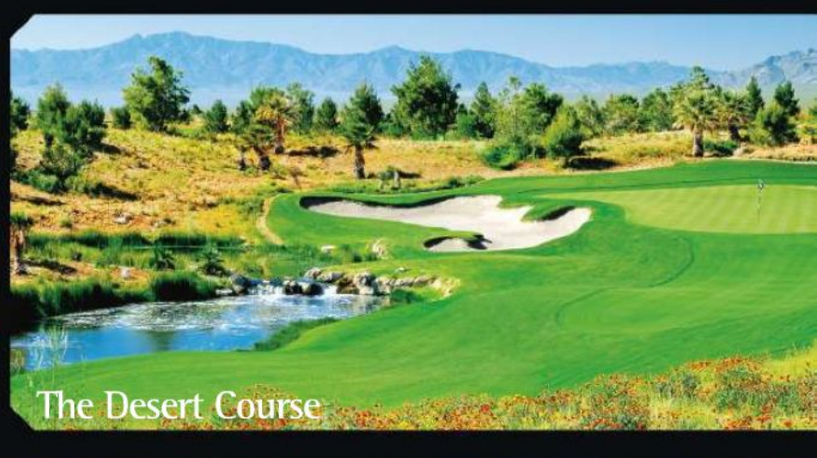
The Lakes Course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CHRISTOPHER GORHAM AND PIPER PERABO

SECRET OPERATIONS

Actress Piper Perabo plays a CIA agent on the new USA show "Covert Affairs," teaming up with the Inland Empire's Christopher Gorham. **By Melissa Lorenzi**

Piper Perabo burst onto the scene 10 years ago, starring in the critically acclaimed film *Coyote Ugly*. Although this wasn't her first film, it was the first one that came rather easily to her.

"I walked into the audition and was like, 'I'm from New Jersey, I work in a bar, I play guitar—there's no reason you shouldn't give me this part. And it worked!" she says.

In an attempt to strike while the iron was still hot, Perabo accepted most of the projects that came her way, and ended up shooting seven films in one year, including 2003's *Cheaper By the Dozen*, in which she played Steve Martin's oldest daughter. Most of those movies were released several years apart, so Perabo never seems to age on film.

Now the 33-year-old actress is ready to show the world that she is all grown up. This summer Perabo is playing multilingual CIA agent Annie Walker on the new USA show "Covert Affairs," produced by Doug Liman ("Mr. & Mrs. Smith" and the Jason Bourne trilogy). Liman felt "well prepared for this series," having done extensive research on CIA operations for *The Bourne Identity*.

As for Perabo's preparation for the Annie Walker role, she got to spend a day with female agents at CIA headquarters in Langley, Virginia, learning about their on-the-job experiences.

"There was this one lady who was my age, and she was wearing this killer red dress and has this blonde curly hair, and she was like, fit," Perabo says. "She's like, 'I have three security detail that travel with me [in Iraq], and they all look native. I look like one of their trick girlfriends and the other two are security; and we look like we're just there to party.'"

Perabo's character, Annie, is still technically in training when she's recruited by CIA bosses one month before graduation and placed on active duty. Unbeknownst to her, the promotion occurs not because she runs circles around her fellow trainees, but because the CIA is after her ex-boyfriend.

Though this is clearly a Perabo vehicle, the rest of the cast isn't too shabby. The Inland Empire's Christopher Gorham ("Ugly Betty") plays Perabo's assistant/partner/guide, Auggie Anderson, a technical operations agent who lost his sight in the line of duty and is now tasked with helping Annie get her bearings in this new environment.

"'Covert Affairs' is going to be one of the most ambitious shows on TV," says Gorham, who met with staff at The Canadian National Institute for the Blind to do research for his part. At one time, Gorham and his wife, Anel, and their two sons lived in Upland.

PHOTOGRAPHY COURTESY OF USA NETWORK

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He graduated from UCLA in 1996 and got his first break a year later on "Spy Game." He also appeared in "Party of Five" and "Popular."

In the role of Arthur, the director of Clandestine Services for the CIA, is 30-year veteran actor Peter Gallagher, who hasn't stopped working since his first film, 1980's *The Idol Maker*. Along the way, Gallagher has picked up roles in some of Hollywood's hottest films (*Titanic, House on Haunted Hill, American Beauty)*. He also appeared in equally memorable parts in

smaller films, like *Summer Lovers, Sex, Lies and Videotape, Bob Roberts, The Hudsucker Proxy, I'll be Home for Christmas*, and *Malice*, just to name a few. But despite a stellar career in film, Gallagher is probably best known for the four years he spent as the patriarch on "The O.C."

Rounding out the cast are actors Sendhil Ramamurthy ("Heroes"); Kari Matchett, who has had recurring roles on numerous TV shows, from "Invasion" and "24" to more recently "Heartland," "ER," and "Leverage"; and Anne Dudek, who plays Perabo's sister. Dudek previously co-starred on three Golden Globe-winning shows at the same time. From 2007 to 2009, she appeared simultaneously in the roles of Francine Hanson on AMC's "Mad Men," Dr. Amber Volakis (a.k.a. "Cutthroat Bitch") on Fox's "House M.D.," and Laura Grant on HBO's "Big Love."

Check your local TV listing for "Covert Affairs" air dates and times.

LOVE AND HEARTBREAK

Julia Roberts, Drew Barrymore, **Jennifer Aniston** put their emotions and relationships on the line in three August releases. **By Erin Tobin**

August is full of people doing crazy things because of love or heartbreak. Take Elizabeth Gilbert for example. Julia Roberts plays her in the film adaptation of Gilbert's best-selling memoir, **Eat, Pray, Love**, which details her journey around the world after she divorces her husband. Meanwhile, Drew Barrymore and Justin Long are trying to make their relationship flourish. The problem is one of them is in San Francisco and the other is in Chicago, which makes **Going the Distance** a film about the ultimate test of long distance dating. Jennifer Aniston's character gave up on finding Mr. Right and instead artificially inseminated herself with a turkey baster in **The Switch**. Unfortunately, seven years later her best friend, played by Jason Bateman, is still dealing with the secret that he switched her preferred sperm sample with his own. The ladies aren't the only one with the relationship woes. In **Scott Pilgrim Vs. The World**, Michael

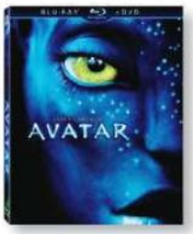
Cera finds the girl of his dreams but must defeat her seven evil exboyfriends before they can officially be a couple.

It's not easy being the other guy, and they need some love as well. That's what Will Ferrell and Mark Wahlberg set out to prove when they play two New York City detectives who want to solve crimes like the beat cops they idolize in **The Other Guys**. Speaking of fringe groups, Sylvester Stallone, Jet Li and Jason Statham are just a few of Hollywood's action movie elite teaming up in the thriller **The Expendables**. They form a troop of mercenaries who seem satisfied about being outsiders, until the assassination mission they're on takes a turn for the worse.

Child rapper-turned-actor Bow Wow gets his hands on a winning lottery ticket worth $370 million in the comedy **Lottery Ticket**, but until he cashes it in, he has to protect it from greedy neighbors and fair-weather friends. Not so lucky is Patrick Fabian, who comes face to face with the ultimate freeloader when he tries to help a young woman seemingly possessed by the Devil in **The Last Exorcism**. And just to remind everyone that the undead are really no fun at all, the directorial forces behind the *Scary Movie* and other spoof franchises are coming out with **Vampires Suck**, a parody aimed at the likes of *Twilight*, *True Blood* and similar pop culture phenomenons that have de-fanged the creatures of the night.

dvds to watch

WHAT TO SEE NOW



Avatar

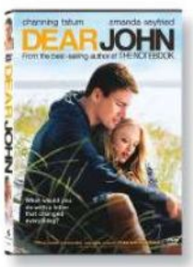
Stars Sam Worthington

In what quickly became known as director James Cameron's science fiction masterpiece, a soldier of the future finds himself taken in by the tribal inhabitants of an alien world called Pandora.

A Single Man

Stars Colin Firth

Based on the novel by Christopher Isherwood. Colin Firth plays George Falconer, a Southern California university professor in 1962 who has to find a reason for living after his life long partner is killed in a car accident.



Dear John

Stars Channing Tatum

While on leave, a young soldier falls in love with an idealistic college student and continues to exchange letters with her after he is sent off to war. This tear-jerker is based on the novel by Nicholas Sparks.

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PLAYLIST

hot trax

WHAT TO HEAR NOW

EMOTION & COMMOTION
JEFF BECK

The man described by *Rolling Stone* magazine as one of the most influential guitarists of all time releases a blend of original songs and unique covers.

TO THE SEA
JACK JOHNSON

Still giving a new sound to surf music, the soft rock musician's fifth album debuted at the number one slot on the Billboard Top 200.

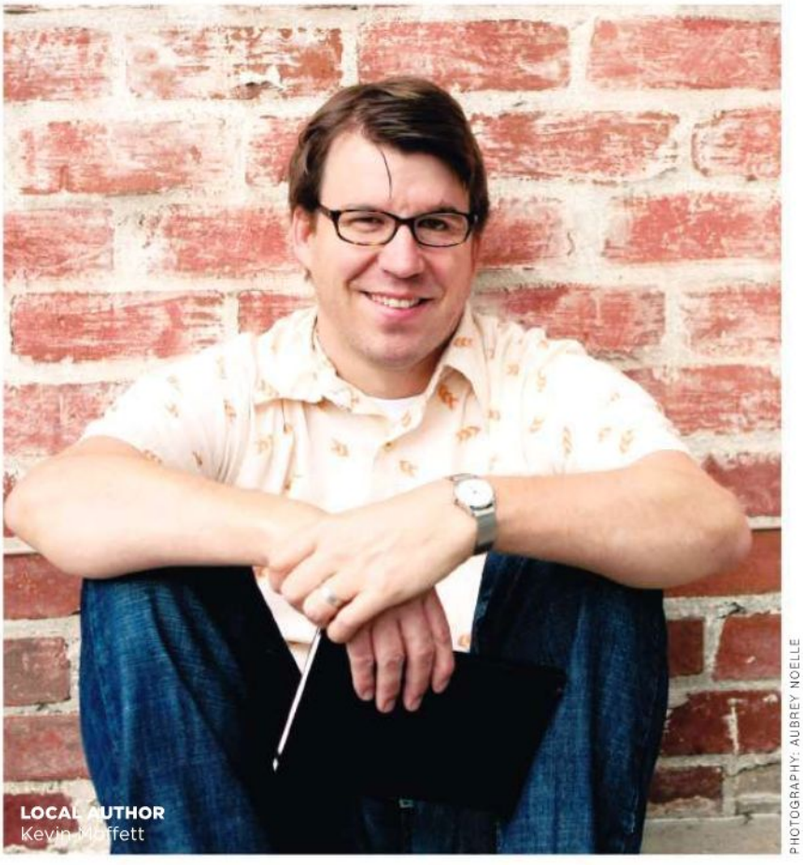
LAWS OF ILLUSION
SARAH McLACHLAN

Known for her haunting vocals, Canadian singer-songwriter Sarah McLachlan releases her first studio album of new material in seven years which includes "U Want Me 2."

TELLING GOOD TALES

Award-winning professor Kevin Moffett of Cal State San Bernardino shares the secrets of his craft with writers in the making. **By Tammy Minn**

Kevin Moffett didn't plan to be a writer. Instead, he was going to be an architect and didn't spend much time on classic literature. "Until I was 22, I read just three books," says Moffett, now an award-winning author and the fiction coordinator for Cal State San Bernardino's fledgling master of fine arts program. Moffett became hooked on writing when he took a class "on a whim" in college and discovered he had a passion—and a knack—for it. Creating publishable material isn't a mystical secret, he notes. "Writing is about telling a good story," says Moffett, who drives that home to his students. "One of the first things I do in class is have them tell a story aloud. Everyone has an innate voice. Writers have to find their own so they don't imitate others," he says. It's the combination of experiences seen through their own eyes that brings a story to life. Moffett recently won the National Magazine Award for "Further Interpretations of Real-Life Events." His first collection of stories, *Permanent Visitors*, won the John Simmons Short Fiction Award, judged by George Saunders, and was long-listed for the Frank O'Connor International Short Story Award. His stories have appeared in numerous publications, including the *Chicago Tribune*, *New Stories From the South: The Year's Best*, and in three editions of *The Best American Short Stories* (2006, 2009, and 2010). He has received the Nelson Algren Award, the Pushcart Prize, and a literature fellowship from the National Endowment of the Arts and recently finished a second collection of stories. He and his wife, Corinna Vallianatos, have a six-year-old son and two dogs.

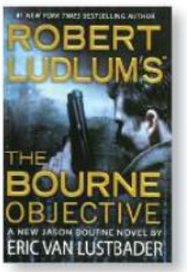


LOCAL AUTHOR
Kevin Moffett

PHOTOGRAPHY: AUBREY NOELLE

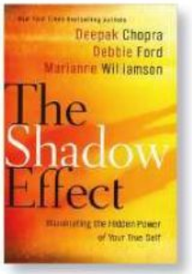
books to read

WHAT TO READ NOW



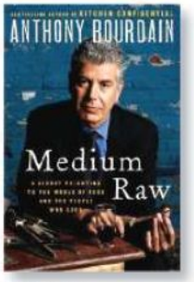
The Bourne Objective

By Eric Van Lustbader and Robert Ludlum
In the fifth novel of the Jason Bourne series, Bourne takes on a new identity in his quest to find out who is trying to assassinate him. In the process, Bourne begins to question who he really is.



The Shadow Effect

By Deepak Chopra, Debbie Ford, and Marianne Williamson
These authors explore the most crucial obstacles to happiness, the shadow—that part of ourselves we repress, but often controls our emotions.



Medium Raw

By Anthony Bourdain
The follow-up to the megabestseller *Kitchen Confidential*, Bourdain explores changes in the subculture of the food business and takes aim at top chefs (like Alice Waters) and many others.

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The Loma Linda University Department of Plastic Surgery Presents:

The Pink Runway

Our 2nd Annual Breast Cancer
Awareness Fashion Show
September 25, 2010

Please join us in making a difference to the breast cancer patients of the Inland Empire. This upbeat fashion event features our own reconstruction patients and truly honors our patients and congratulates them for fighting breast cancer. All proceeds from this year's Pink Runway Fashion Show will benefit research efforts in the Cancer Center and the Center for Breast Reconstruction at Loma Linda University Medical Center.

7pm on September 25, 2010

The Fox Event Center
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AUGUST

PBS FOR THE INLAND EMPIRE

SUNDAY 1

8:00 CRUISER HOUSTON: OF PRIDE AND PURPOSE - This historical account pays tribute to the men who fought following the attack on Pearl Harbor.
10:00 ROCKWELL KENT

MONDAY 2

7:00 LEADING GEN
7:30 GROWING A GREENER WORLD *The Edible Schoolyard* - Using the Garden As The Classroom
9:00 FRONTLINE/WORLD - *Troubled Water*

The Play Pump was intended to provide fresh water in Africa, but fell short of its promises.

TUESDAY 3

7:00 HISTORY DETECTIVES - *Metal Duke Ellington Plates*, found in a dumpster, may have printed the first copy of a hit song.
9:00 AUSTIN CITY LIMITS
Brad Paisley/Dierks Bentley
10:30 MUSIC VOYAGER - *Roots, Rock, Reggae*

WEDNESDAY 4

7:00 NOVA *The Spy Factory* - A look at how the American government uses technology to gather information in the war on terror.
8:00 GLOBE TREKKER - *Food Hour: Lebanon*
9:00 MASTERPIECE MYSTERY!

THURSDAY 5

7:00 NATURE - *The Cheetah Orphans*
10:30 CLOSER TO TRUTH - *What Things Are Conscious?*

FRIDAY 6

7:00 UNNATURAL CAUSES: IS INEQUALITY MAKING US SICK? *In Sickness and In Wealth* - The connections between healthy bodies and healthy bank accounts are uncovered.
8:00 QUEST: INVESTIGATING OUR WORLD *Aquaculture: Down on the Salmon Farm*
This industry may be creating more problems than it's solving, but science may help find solutions.
9:00 ANTIQUES ROADSHOW

SATURDAY 7

7:00 GREAT PERFORMANCES *Chess In Concert* - Adam Pascal and Josh Groban headline a musical about romance and an international chess tournament.
9:30 LOSING THEIR VOICES? A LOOK AT LOCAL RADIO - Local AM and FM stations face challenges in an era of multi-station owners and satellite radio.
10:00 LIVE FROM THE ARTISTS DEN
Corinne Bailey Rae

SUNDAY 8

7:00 I REMEMBER TELEVISION
8:00 ROLLER DERBY CHRONICLES: ROLLING THUNDER The history of Roller Derby including its heyday as a nationally syndicated road show is explored.

MONDAY 9

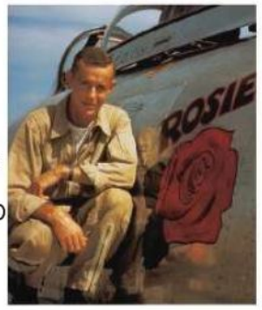
7:00 LEADING GEN
9:00 TRUTH ACCORDING TO WIKIPEDIA
The popular on-line reference site and criticism that

it is leading to loss of truth are examined.
10:00 SPEAKING IN TONGUES - Four students partake in an educational experiment designed to make them bilingual and bi-literate.

TUESDAY 10

7:00 HISTORY DETECTIVES - Encrusted objects on the Oregon coast may house cannons from the 1846 shipwreck of the USS Shark.
8:00 DRAWN TO YELLOWSTONE - Thomas Moran's art and William H. Jackson's photos influenced Congress to create the national park.
9:00 AUSTIN CITY LIMITS - Steve Earle/Kris Kristofferson

WEDNESDAY 11



7:00 NOVA - *Missing In MiG Alley* - Families attempt to trace what happened to pilots who were shot down during the Korean War.
8:00 CLAY AIKEN TRIED & TRUE: LIVE!
Chart-topping *American Idol* vocalist Clay Aiken brings his clarion voice and personal interpretations to new arrangements of iconic songs, including *Mack the Knife*, *It's Impossible*, *Moon River*, *Misty*, *Unchained Melody* and a duet with Broadway star Linda Eder. Fellow *American Idol* star Ruben Studdard guest stars.

THURSDAY 12

6:30 HISPANIC LIFESTYLE
7:00 JOURNEY OF THE BROAD-WINGED HAWK
Every year, broad-winged hawks embark on a 4,500-mile journey from New Hampshire to South America.

FRIDAY 13

8:00 QUEST: INVESTIGATING OUR WORLD *Archaeology* - Teams of archaeologists use the latest techniques to unearth pieces of northern New England's past.
10:00 VEILED VOICES - Women in Lebanon, Syria and Egypt redefine the role of females as leaders in the Islamic religion.

SATURDAY 14

6:00 CANADIAN TENORS LIVE IN TORONTO
Victor Micallef, Clifton Murray, Remigio Pereira and Fraser Walters — showcase their eclectic blend of classical and contemporary pop. The gifted young men, who performed at the Winter Olympics in Vancouver, appeared on *Oprah*

and climbed to #1 on Billboard's Classical Crossover Chart, are joined by special guests David Foster and Sara McLachlan.

8:00 VIVERE: ANDREA BOCELLI LIVE IN TUSCANY - Andrea Bocelli grew up in Lajatico, a rural village in Tuscany, where his family still farms nearby. A theater was constructed in his hometown for a one-night-only concert of his greatest popular hits. Some famous musical friends dropped by including Kenny G., Chris Botti, and legendary musician, songwriter, and producer David Foster. Helping with the hits

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2010

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FIRST IN SOUTHERN CALIFORNIA

are favorite divas Sarah Brightman, Heather Headley, and Laura Pausini.

SUNDAY 15

8:00 MALOOF - Local legend Sam Maloof was one of America's premier woodworkers and is considered a "National Treasure."

MONDAY 16

7:30 GROWING A GREENER WORLD
Annie's Annuals - Preserving Heirlooms While Promoting the Environment
9:00 FRONTLINE - *Boogie Man: The Lee Atwater Story*
10:30 HIGH SCHOOL DROPOUTS
Adults in the Sacramento area go door-to-door catching truant students to reverse the dropout rate.

TUESDAY 17

6:30 CURIOSITY QUEST - *Rock Climbing*
7:00 HISTORY DETECTIVES - A letter by a soldier missing in action is investigated.
9:00 AUSTIN CITY LIMITS - Elvis Costello/ The Band of Heathens

WEDNESDAY 18

7:00 NOVA *The Deadliest Plane Crash*; Investigates the collision of two Boeing 747

airliners on an airport runway that killed 583 people.
8:00 GLOBE TREKKER
9:00 MASTERPIECE MYSTERY! *Poirot X: The Third Girl* - When an heiress' childhood nanny is found dead, Poirot team up with crime novelist Ariadne Oliver.

THURSDAY 19

6:30 HISPANIC LIFESTYLE
7:00 NATURE *Eagles of Mull* - The golden eagle and white tailed eagle thrive on the hauntingly beautiful Scottish island of Mull.

FRIDAY 20

7:00 UNNATURAL CAUSES: IS INEQUALITY MAKING US SICK? *Bad Sugar/Place Matters* - Investigates what policies create neighborhood environments that harm or benefit residents' health.
8:00 QUEST: INVESTIGATING OUR WORLD
9:00 ANTIQUES ROADSHOW

SATURDAY 21

7:00 GREAT PERFORMANCES AT THE MET
Simon Boccanegra - Placido Domingo stars in this tragic story of a father and his lost daughter. James Levine conducts.
10:00 LIVE FROM THE ARTISTS DEN
The Black Crowes

SUNDAY 22

7:00 I REMEMBER TELEVISION
9:00 ALFRED HITCHCOCK PRESENTS

MONDAY 23

9:00
FRONTLINE *The Old Man and the Storm*
An African-American family struggles to rebuild their homes and lives in New Orleans after Katrina.
10:00 SAVING WILLIE MAE'S SCOTCH HOUSE - Follows the rebuilding of a New Orleans culinary landmark destroyed during Hurricane Katrina.

TUESDAY 24

6:30 CURIOSITY QUEST - *Cheeses*
8:00 RETURN TO THE FOREST WHERE WE LIVE - Nia Vardalos (My Big Fat Greek Wedding) narrates a look at cities that are using trees to create healthy urban ecosystems.
9:00 AUSTIN CITY LIMITS K'naan/Mos Def

WEDNESDAY 25

7:00 NOVA *B-29 Frozen In Time* - An expedition heads to the Arctic to find a downed B-29 that was lost over the North Pole in 1947.
10:30 GREEN JOBS: ECOSENSE FOR LIVING
At-risk young people get hands-on training on how to fortify and weatherize homes in New Orleans.

THURSDAY 26

7:00 NATURE *Andes: The Dragon's Back*
Examine the mountain range's diverse ecosystems, including a large ice field, a desert and geysers.
10:30 CLOSER TO TRUTH - *How Do People Maintain Their Identity?*

FRIDAY 27

8:00 CHURCH ON DAUPHINE STREET - In the aftermath of Hurricane Katrina, when nearly all hope was drowned in the flood, one church in the Upper Ninth Ward of New Orleans did not.
9:00 ANTIQUES ROADSHOW
10:00 GREAT MUSEUMS: NEW ORLEANS – A LIVING MUSEUM OF MUSIC - A Living Museum of Music looks at the vibrant culture of New Orleans.

SATURDAY 28

8:00 FATS DOMINO – WALKIN' BACK TO NEW ORLEANS - The music legend triumphantly returns to the stage after the devastation of Hurricane Katrina.
10:00 LIVE FROM THE ARTISTS DEN
Dierks Bentley

SUNDAY 29

7:00 I REMEMBER TELEVISION
8:00 FROM GERSHWIN TO GARLAND: A MUSICAL JOURNEY WITH RICHARD GLAZIER

MONDAY 30

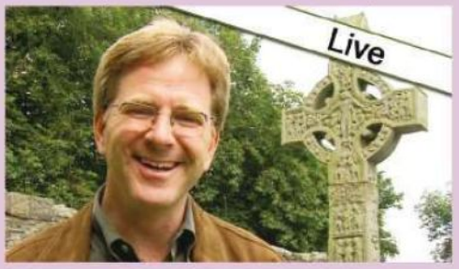
9:00 FRONTLINE/WORLD - *Children of the*

Taliban - Examines the increasing influence of the Taliban in Pakistan and South Korea's internet addiction.
10:00 SHIFTING SANDS: BEDOUIN WOMEN AT THE CROSSROADS - Dr. Ruth Westheimer explores shifting gender roles and the Arab ethnic group Bedouin in Israel.

TUESDAY 31

8:00 CHANGING KEYS: BILLY MCLAUGHLIN AND THE MYSTERY OF DYSTONIA - A story about determination, persistence and personal triumph wrapped in the exquisite music of this innovative and newly left-handed guitarist.

Rick Steves: Live in the IE
Sunday, October 17
The famous European traveler and entrepreneur, Rick Steves, comes to the Inland Empire. Be there as he teaches you how to travel like a pro.



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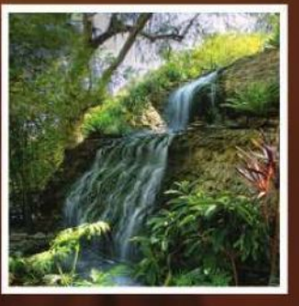

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FANFAIR

WHAT'S NEW • WHAT'S NOW • WHAT'S NEXT

COOL RETREATS

Let full **streams** and fresh **mountain air** revive your spirit. **By Tammy Minn**

If the dog days of summer have you chasing your tail, a quick escape to the local mountains will recharge your batteries. The cool elevations of the local mountain ranges provide refreshing respite. In the San Bernardino Mountains, Lake Arrowhead is just a short drive up Highway 18. Make it a day trip and take in a lake tour or shopping excursion in the Village. For a longer stay, you'll have many lodging choices. If you really need some pampering, try the Lake Arrowhead Resort & Spa which recently underwent a $17 million renovation. In addition to top-of-the-line guest rooms, the re-

08.10

INSIDE GETAWAYS, PEOPLE, LOCAL ATTRACTIONS, ASK THE DOCTOR, STYLE, AREA CASINOS, TRAVEL, GOLF

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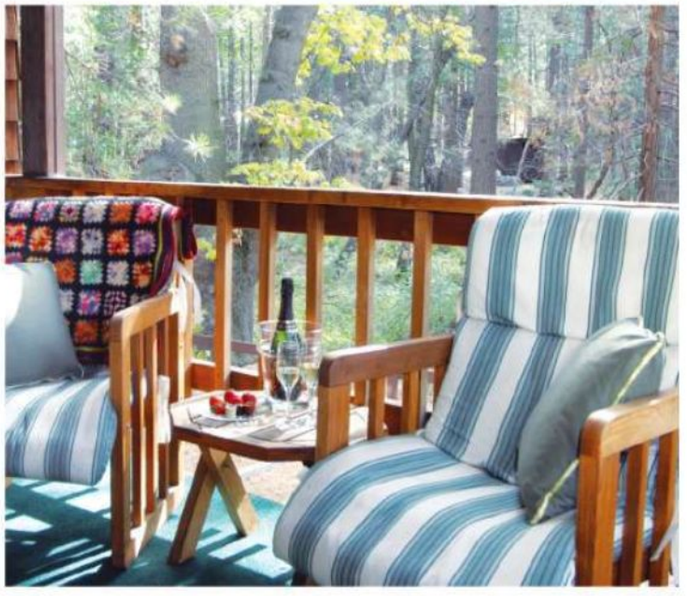
ENJOY THE RUSTIC elegance of the Lake Arrowhead Resort & Spa, top right and bottom of page; and Strawberry Creek Inn in Idyllwild, middle left and right.



sort is home to the Spa of the Pines which offers relaxing treatments and soothing products. Sample the breakfast, lunch and dinner fare at BIN189.

If an even higher altitude will help your attitude, cruise to Big Bear Lake and immerse yourself in a range of water sports. Rent a cabin, stay at a bed and breakfast inn, or treat yourself to a weekend at the Northwoods Resort and Conference Center. Located at the entrance to the Village, you'll have easy access to shopping and recreation. Sample the Wild Mushroom Risotto at Stillwells Restaurant, then head to the pool for an evening dip. Besides recreational outings, enjoy the Big Bear Renaissance Faire, music at the historic Knickerbocker Mansion, and Friday Nights in the Village.

The San Jacinto Mountains also provide for an easy getaway. Idyllwild, known for its Arts Academy, has kept its small-town feel while offering state-of-the-art amenities in a peaceful setting. The Strawberry Creek Inn, a bed and breakfast owned by Rodney Williams and Ian Scott, is a good example. Awaken to the aroma of freshly-ground roasted coffee and savor a gourmet breakfast. The 1.25 acres of forested grounds have been certified by the National Wildlife Federation as an official Backyard Wildlife Habitat. Enjoy an expansive native garden with decks and hammocks scattered throughout.

For more information, contact the visitors center or the Chamber of Commerce for each city.

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MAKING THE RIGHT MOVES

Redlands' Lacey Schwimmer can dance, but she can design fashion, too. **By Erin Tobin**

As a ballroom dance champion, a "So You Think You Can Dance" finalist and a regular professional on "Dancing With the Stars," Redlands resident Lacey Schwimmer has already proven she has all the right moves. Now everyone knows she's got the fashion moves as well. Two years ago she launched a line of her signature tube socks on the Web site www.sugarandbrunostore.com, an online retailer for dance-inspired fashion and accessories. This year Schwimmer's line evolved to include brightly colored sweats, T-shirts and bags decorated in lighting bolts and motivational sayings like "I danse pour moi."

The pieces are aimed at teenagers and young women, allowing them to embrace the casual and athletic aesthetic associated with dancers, even if they have two left feet. Schwimmer showcased her designs in Discount Dance Supply, a popular source for costumes and practice wear, but she isn't giving up her dancing shoes for a fashion career just yet. Though she wasn't a regular on this season of "Dancing With the Stars," she made multiple appearances as a guest performer and acted as a special correspondent for the show on the "E! Daily 10" news program. She is also keeping busy by traveling the world to help with master classes and choreography sessions.

WINE ON TAP

trending

When given the choice, Inland Empire wine sippers will pour a drinkable Pinot Noir, says Dan Bear, managing partner of Vino Veritas in Riverside. A wine bar with 40 wines on automated dispensers and an additional 15 that are poured behind the bar, Vino Veritas offers a wide selection of wines to choose from. "Pinot Noir is an entry level red. It's a mild, very drinkable wine that's fruit forward and not as dry or bold as a Cabernet Sauvignon or a Syrah. It's often the first red that white wine drinkers will try," Bear says. Cellar No. 8 is especially popular, though he offers several brands of Pinot Noir. It tends to have a complex aroma of ripe-grape or black cherry, sometimes accented by a spiciness that suggests cinnamon, sassafras, or mint. Full-bodied but not heavy, it's smooth and velvety. While this soft red is a crowd favorite, Bear notes that in the summer, chilled white wines are also a hit, with Chardonnay and Reisling leading the pack. "They're slightly sweet and a lot of women tend to like them," he says. To taste for yourself, visit Vino Veritas (vinoveritas.com) or a wine bar in your area.

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BRED TO RUN

Horse racing has a rich history in the Inland Empire. **By Tammy Minn**

Newcomers are often surprised to learn of the rich horseracing tradition in the I.E. In the '50s, Rex Ellsworth trained the legendary Swaps at his Chino facility. Today Thoroughbred farms are tucked throughout the region—Hemet Valley Thoroughbred Farm and Warren's Thoroughbreds in Hemet, Special T Thoroughbreds in Temecula, and Notjustanother Horse Farm in Chino are just a few that specialize in Thoroughbreds. Four-legged dynamos with the right stuff can sell for millions—or considerably less. Age, pedigree, conformation, and other factors determine the price. The most paid at auction for a Thoroughbred was reportedly $16 million in 2006 for a two-year-old colt named The Green Monkey. On the other hand, Secretariat's brother, Straight Flush, was rescued at age 24 for $200. Taken in by Hemet's Neal Arave, he died in 2007 at age 32. Several more racing legends have ties to the region: Music Merci, Fortyninerdays, Cardmania and Letthebighossroll are among the notables. Many I.E. Thoroughbreds kick up their heels at the Fairplex Park in Pomona, Del Mar, Santa Anita, and beyond. See www.thoroughbredinfo.com for all things Thoroughbred, including a list of farms in California.

WARREN'S THOROUGHBREDS
Hemet

PHOTO: AUBREY NOELLE

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QUICK DRAW

Forensic sketch artist Michael Streed locks up bad guys with his art.

By Erin Tobin

Thanks to television shows like "CSI," most people understand the role DNA evidence plays in convicting criminals. What doesn't often make it to prime time is the importance of a quality composite sketch. "Great DNA evidence is useless if it's not already in the database, but a good sketch will help you find a name," says Michael Streed, a retired sergeant, forensic artist and the co-owner of Corona-based SketchCop Facette, a computer program designed to make it easier to get those successful sketches. When he was a child, Streed had a talent for drawing and aspirations of being a Disney animator. As he got older he decided instead to follow in his father's footsteps and join the police force, but that didn't mean he packed his pencils away. For over 30 years Streed served as both a cop and a forensic artist, and bestowed the moniker "SketchCop" on himself to describe his role in serving the public. "My goal has always been to put crooks in jail, by gun or by pencil," he says. His work helped locate suspects for high profile cases, including the Samantha Runnion kidnapping, the Anthony Martinez slaying and the Baton Rouge Serial Killer. "I love catching bad guys," says Streed. "But after a while you start to think, 'how can we build a better mousetrap?'"

Streed mentions that most police forces don't have a full time forensic artist and therefore must wait until an officer with drawing ability or a freelance artist is available. Both of those situations waste precious time. To save time, several computer programs were generated to build composite sketches. Unfortunately, Streed, who helped to promote some of the programs, says many of them either only offered a limited number of choices or were "basically drawing with a mouse" and went unused by local law enforcement.

So, still focused on putting the bad guys behind bars, Streed developed his own program. Now used across California, the Windows-based software combines familiar Adobe tools and more than 5,000 facial components. Finished images can be saved electronically and easily e-mailed. What's more, Streed and his company offer to train entire departments on how to use the program, and Streed says he is personally available to address any questions or troubleshooting. "Once the officers experience success, the program will be irreplaceable," Streed says. "The more sketches that go out, the more crooks go to jail, and the more sketches are made. It causes a ripple."

PHOTOGRAPHY: JIM DORSEY

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DOCTOR KNOW...

Jesse Dominguez, D.O. is a family medicine physician with Cucamonga Valley Medical Group (CVMG). CVMG has office locations in Northern Fontana and Upland. He answers a few health questions. **By Tammy Minn**

Are flip-flops bad for your feet?
Flip-flops are often frequent summertime choices, protecting our feet from hot surfaces as we enjoy the pool or the beach. However, prolonged use of flip-flips, slippers or sandals without support can have long term effects on the feet. The lack of foot support often leaves the sole, heels and Achilles tendon exposed. Prolonged use can lead to heel pain, arch pain, Achilles tendonitis and even sprained ankles. While they are comfortable, over the long term flip-flops are bad for the feet.

Does fish oil as a dietary supplement help dry eyes?
Fish oil is very high in omega-3 fatty acids, which have been shown to be extremely beneficial in maintaining a healthy cardiovascular system. As time has allowed greater research into these elements, fish oil in its oral form has shown benefit in helping people with dry eyes. While dosages may vary, oral fish pill doses have shown increased effectiveness in helping people deal with chronic dry eyes. While many people take only 1 to 2 fish oil supplements daily, more effective doses are usually in the 3 to 4 pills per day range.

When it comes to hydration, what's the better liquid?
Water remains the best choice for hydration. Taken before, during and after exercise, water provides the most bang for your buck for any athlete. Plus, it's free, it has no sugar and it is the natural fluid element in all of our cells. Sports drinks, while effective in replenishing electrolytes, are no more effective than water. Additionally, the sugar content in most of these drinks tends to promote higher ingestion rates as it doesn't rehydrate effectively. Juices, while natural, have high levels of fructose, which is a sugar. This acts against proper hydration, as it will make you more thirsty. While oranges are great for quick energy boosts during halftime at kids' soccer games, water is the best choice for hydration for athletes of all sizes.

How is autism diagnosed?
Autism is becoming increasingly more prevalent in recent years as people are becoming more aware of what to look for and diagnosis is occurring at earlier ages. Clinical observation is still important in identifying early signs of autism, but there are various standardized tests that can be conducted by psychologists, psychiatrists, developmental pediatricians or even school psychologists to diagnose autism, or other similar syndromes. Many families suspect autism if their children display difficulties in language development, social interaction and/or symbolic or imaginative play prior to age three. The earlier these symptoms are addressed and tested, the more effective the treatment plans can be. The National Autism Association Web site has more information about symptoms, testing and treatment. See www.nationalautismassociation.org.

Can eating fruit improve my eyesight?
Fruits and certain vegetables do contain some elements that have been shown to be beneficial for vision and eyesight. Antioxidants, which are very rich in dark-skinned fruits such as blueberries and cherries, have been shown to be beneficial for vision and eyesight. Additionally, lutein and zeaxanthin, which are found in many fruits and vegetables, are also good for eye health. Many of these benefits can be found with the right multivitamin, but a healthy diet, low in processed foods and saturated fat, with a good balance of fruits and vegetables, should be sufficient in providing these benefits for your eyes.

PHOTOGRAPHY: AUBREY NOELLE

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DENTISTRY *as it should be*

Actual Patient of Dr. Margareta M. Gavrila - Photo by Dr. Gavrila

"As I progress in life I have found my success is surrounded by teams of experts i.e. Engineers, Geologists, Accountants, Banker's and Vendor services filling needs that help me and my company South West Pump and Drilling excel. I think this is true for many people. As a business owner I rely on these relationships, many of which have been refined over the years into friendships. Dr. Gavrila is just such a friend. Our friendship developed over the past 20 years. Dr. Gavrila and her courteous and fun loving staff have always performed and been there for me and my entire family. Otherwise, I wouldn't travel over 100 miles from Racho Mirage to Chino for her expert care of my dental needs."
~ Curtis McCalla

Dr. Margareta Gavrila is proud to introduce, her son, Dr. Alex Gavrila who will be joining the practice starting this summer. Dr. Alex Gavrila graduated USC Dental School in 2007 and the UCLA Graduate Prosthodontics Program this year.
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Hippie Chic

EMBRACE THE BOHEMIAN LIFESTYLE ...OR JUST DRESS LIKE YOU DO.

By Erin Tobin

Vintage chic and feminine "flower power" prints are two trends that will carry over into the fall, according to Terri Relf, senior marketing manager at Inland Center Mall. With stores like Forever 21 and Macy's, the mall offers the latest styles. Pair one of the purses shown here with a pair of jeans or a frilly skirt for a stylish but carefree look.

LUCKY BRAND cross-body purses in both canvas and leather, ranging from $79 to $129, are available in select Macy's stores around the region or at www.macys.com

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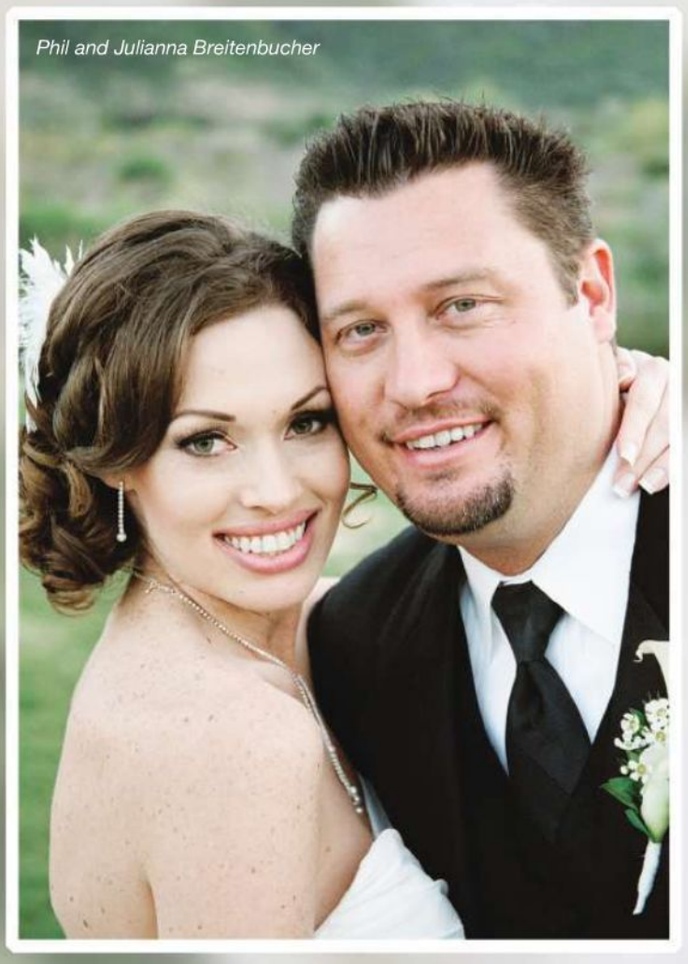

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Hats Off!

IT'S EASY TO KEEP A COOL HEAD ON A HOT DAY WITH A STYLISH STRAW HAT.

By Erin Tobin

It's a good idea to cover your head while in the sun, but that's no excuse to don something drab. Inspired by trends that were popular from the early 1900s to the late 1960s, this season's straw hats look more "tropical vacation" than "tea party."

PANAMA AND FEDORA hats, ranging from $13.99 to $28, are available at select Macy's stores around the region or at www.macys.com

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Great Taste Friday presents the Ontario Jazz, Wine & Dine at This Year's Inland Empire Auto Show!

Over 30 restaurants and wineries will be on hand to continue the tradition of exceptional food and wine sampling at this year's Inland Empire Auto Show. Exciting local jazz entertainment makes this food and wine tasting event even more delectable. Rave reviews from last year's event means Great Taste is bigger and better than ever! You won't want to miss this irresistible combination of food, wine and toe-tapping jazz!

Jazz, Wine & Dine starts at 5pm Friday evening and runs through 9pm. Dress is casual, but the food and entertainment is top notch! This event proudly supports the Make-A-Wish Foundation.

Admission to Jazz, Wine & Dine is $7.00 for adults, and entitles attendees to sample all participating restaurants, plus ALL the features of the Inland Empire Auto Show. Come early – stay late!

For information regarding Jazz, Wine & Dine, call Victoria VanDamme at 909-937-3000

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WHAT'S HOT AT I.E.
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With the growth of casino/resorts, finding entertainment, dining, spa treatments and gaming is just a short trip for local residents. These world class facilities play host to top performers, fine-dining restaurants and luxurious spas for some time away without breaking the bank.

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Harrah's Rincon Casino & Resort

Harrah's Rincon Casino & Resort in Valley Center provides Las Vegas-style action closer to home, with 1,600 slots, non-stop poker and 60 table games. Try some of the casino's signature games like Rincon Craps and Volcanic Roulette Bingo. The Open Sky Theater showcases big name performers. August's line-up includes B.B. King and Buddy Guy on Aug. 14 and Huey Lewis and the News on Aug. 28. Dance the night away at the poolside nightclub, Eclipse, or relax at The Spa.

There are eight dining options, the newest of which is Buffet. Dubbed "modern food theater" by Harrah's Director of Hospitality Services, Shannon Upson, Buffet provides 9,000 feet of edible variety, from Asian-inspired noodle and wok stations to a Brazilian Churrascaria Grill. Seafood is available on ice, hot or raw (at the sushi station).

Pechanga Resort and Casino

Pechanga Resort and Casino in Temecula has more than 3,000 slot machines and 130 table games including Let It Ride, Mystery Card Roulette and Buster Blackjack. Want to play a few hands of poker? The poker room has up to 54 tables running 24 hours a day. For those looking for the VIP treatment, Pechanga's sophisticated High Limit Salon provides upscale comforts and personal service along with Blackjack, Baccarat and Pai Gow tables that have $100 minimums. There's even a private dining lounge for this high rollers' sanctuary. Casual gamblers have plenty of dining options as well. Pechanga offers gourmet restaurants, including The Great Oak Steakhouse, Paisano, and The Seafood Grotto, a buffet, and casual fare at the Temptations Food Walk and the Pechanga Cafe.

Pechanga hotel guests will find Four Diamond comfort and amenities in each of its 517 spacious guest rooms and suites. To help guests unwind, Spa Pechanga offers luxurious spa treatments, and Journey at Pechanga offers world-class golf.

Pechanga's 1,200-seat Showroom hosts all-star entertainment all year long. In August, performers include The Beach Boys, Rob Thomas, Billy Idol and Chris Isaak. Guests can also dance the night away at The Eagles' Nest or Silk The Club, or get in some laughs at The Comedy Club.

Morongo Casino, Resort, Spa

Morongo Casino, Resort, Spa in Cabazon is more than just a hot spot to gamble. With its four-star accommodations, Morongo becomes an unforgettable getaway, with fine dining and top entertainment. In August that list includes teen idols of yesterday, Frankie Avalon, Fabian and Bobby Rydell, as well as comedian Bill Maher.

Morongo welcomes guests with 310 deluxe rooms and suites, many with outstanding mountain and canyon vistas, and six secluded casitas at the oasis, each with a private lounging pool and secure VIP entrance. Every guest can indulge in luxurious spa treatments at Sage Spa with full-service pampering to refresh and rejuvenate, or relax and soak up some sun at the Oasis Pool, which is complemented by a sandy beach and a lazy river. Morongo doesn't take it slow all the time though. Inside, the casino floor vibrates with everyone's favorite games, friendly dealers and great payouts around the clock.

PECHANGA RESORT & CASINO Temecula

A fine dining experience awaits on the 27th floor at Cielo, a Pacific Coast steak and seafood restaurant with a distinctly Californian twist. Visitors can also enjoy traditional Chinese, Korean, Thai or Japanese dishes at Bamboo.

Valley View Casino

Changes are happening at Valley View Casino in Valley Center. This month reservations can be made for the new hotel and 5,000-square-foot event center, which open in November. The hotel will feature 96 deluxe rooms and 12 luxurious suites, all with floor to ceiling windows that provide panoramic views of the Palomar Mountain range. There is a similar view from Valley View's new pool where hotel guests can enjoy complimentary breakfast, just one of a list of perks that also includes free water and valet or self-parking.

The new hotel will make it easier to enjoy all that the casino has to offer, from 25 Vegas-style table games like no commission EZ Baccarat and keno to 2,000 slots, including San Diego's only certified loose slots. Dining at Valley View includes three great restaurants: The Black and Blue Steakhouse, BLD's cafe, and the Buffet, with its two chocolate dessert fountains. Looking to grab something quick to eat? There's everything from an Asian noodle bar to gelato.

Spotlight 29 Casino

Thanks to almost daily promotions, something is always going on at the Spotlight 29 Casino in Coachella. There are weekly tournaments of Blackjack and No-Limit Texas Hold 'em in the casino's smoke-free poker room which has enough space to host 90 players in

SPOTLIGHT 29 CASINO Coachella

OAK ROOM AT PALA CASINO SPA RESORT, Pala

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WHAT'S HOT AT I.E. CASINOS

DINING • FUN AND MORE

tournaments and 81 in live games. Baccarat, Pai-Gow poker and other popular table games are grouped together in their own room, which is enhanced with 10 flat-screen televisions. Other games include video roulette and slot machines in values ranging from pennies to $100 a pull.

Over the years, the Spotlight Showroom, a modern 2,200-seat theater venue, has been graced by the likes of Bill Cosby, Keith Urban and the Brian Setzer Orchestra and this year the big names will continue to take the stage. Even when the showroom is dark, the good times are continuing at the Blue Bar. Or head over to JEM Prime 29 steakhouse and pair a great meal with one of the restaurant's 300 wines.

Pala Casino, Spa & Resort

Nestled in the Palomar Mountains, Pala Casino, Spa & Resort is a complete gaming and entertainment destination. A AAA Four-Diamond award winner for the past six years, Pala's gaming highlights include 2,000 slot machines and 87 table games.

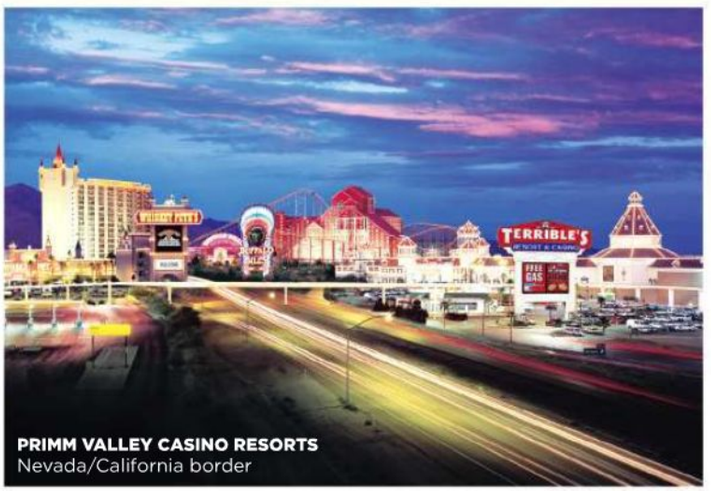
For those looking for a break from the action, there are also 10 restaurants, four concert venues, an award-winning 10,000-square-foot day spa and salon, and 507 deluxe guest rooms, including 82 luxury suites.

When it comes to dining, Pala's culinary experts offer experiences for every taste. The buffet, aptly named Choices, has eight different food stations. Noodles and Sushi Sake offer fresh Asian creations from China, Thailand, Vietnam and Japan. Dry-aged prime steaks, chops and fish specialties, along with an international wine list, are available nightly in the newly-renovated Oak Room, while Mama's Cucina Italiana has a full Italian menu and fine wines. Mexican specialties abound at Amigos, plus fresh margaritas and a selection of South-of-the-Border beers. The Pala Café is a 24-hour restaurant with California cuisine in a bistro setting. Need to grab a bite and then get back to the gaming action? Enjoy over-stuffed sandwiches on freshly baked bread at The Deli, a bite by the pool at The Poolside Café & Bar, or authentic Italian and Starbucks coffee at Café Amore.

SOBOBA CASINO
San Jacinto

Soboba Casino

Opened in 1995, Soboba Casino in San Jacinto is celebrating 15 years of gaming with commemorative giveaways, golf specials and special slot games. The casino is also honoring the anniversary by giving back to the community in the form of a canned food drive that rewards donors with a chance to win free slot play. Known for its slots and bingo games, Soboba also offers two types of blackjack, four versions of poker, Let It Ride, roulette and craps. Additional poker games and regular tournaments and promotions are held in the poker room which also features a snack bar. Soboba also offers other dining options, as well as live entertainment in the arena and lounge.



PRIMM VALLEY CASINO RESORTS
Nevada/California border

AGUA CALIENTE CASINO, RESORT, SPA Rancho Mirage

HARRAH'S RINCON CASINO & RESORT, Valley Center

SPA RESORT CASINO
Palm Springs

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San Manuel Indian Bingo & Casino

This August blues legend B.B. King teams up with Buddy Guy when they take the stage at San Manuel Indian Bingo and Casino in Highland. That's just one highlight in a month packed with special events and promotions including high stakes bingo on Sundays. Visitors can also play daily poker specials, low and high limit blackjack and other constant table games or enjoy over 3,000 slots ranging from a penny to $100 a pull.

Enjoy the day's sporting action and have a great meal at the Sportswatch Grill, one of San Manuel's three great restaurants. There's also fashionable but casual dining at The Pines, the casino's steakhouse that doubles as a nightclub, and an array of all-you-can-eat delights at the Serrano Buffet, which features a Mexican fiesta on Tuesday nights and a seafood spread on Thursday nights.

Agua Caliente Casino, Resort, Spa

The waters aren't the only thing that's hot at Agua Caliente Casino, Resort, Spa in Rancho Mirage. The Show, a 2,028-seat, four-level, multi-function theatre, has only been open since 2009, but has already hosted a number of sizzling acts. This August Ringo Starr and Billy Idol are just two of the big names scheduled to take the stage.

Even when there aren't any performers at the casino, it is still possible to catch a good show. Check out the high limit games in the Primrose room, which includes space for up to five blackjack games with limits of $25 to $5,000 and high stakes slots, video poker and midi baccarat as well. Even dining is an experience at Agua Caliente, whether that means enjoying steaks at the upscale Steakhouse or grabbing a quick bite at the lively poolside Wet Bar. Other options include casual dining at the Waters Cafe, and the Grand Palms Buffet, as well as grab-and-go cuisine at Java Caliente and the Poker Deli.

Those who want to slow down and enjoy some quieter entertainment can relax and be pampered at the Sunstone Spa, which offers a variety of treatments. Many of them involve the spa's namesake, a rock specked with gold and color that was believed by the Greeks to bring life, positive energy and abundance to those who use it.

Spa Casino Resort

The Spa Casino Resort is a 24-hour casino and world class spa in the heart of downtown Palm Springs. Players can enjoy 30 table games, including unique ones like Hot Water craps and Emperor's Challenge Pai Gow Poker. High limit blackjack and slots can be found in the elegant Platinum Room, or players can try to bluff their way through a few hands in the Poker Room.

When hunger strikes the resort has five dining options to satisfy all tastebuds. The Agua Bar and Grill maintains a Southwestern menu that combines everyday favorites with a few exotic touches like rabbit and buffalo and offers traditional fry bread for dessert. The atmosphere is a bit spicier at the Sundance Tequila Bar with a Mexican menu and a nightly fiesta. There's also traditional pan-Asian food in a casual environment at The Noodle Bar.

Of course, the Spa Casino Resort couldn't live up to its name without a state-of-the-art spa. In addition to basic treatments, spa-goers are encouraged to enjoy a "taking of the waters," a signature package that includes mineral waters, steam, sauna and an eucalyptus inhalation.

Primm Valley Casino Resorts

Primm Valley Casino Resorts (just 30 minutes south of Las Vegas) launched its successful New Member Millionaire Mania text promotion. From now until the end of 2010, participants can play to instantly win $5 to $1 million in cash.

How It Works: New players' club members must text the dedicated phone number with a valid keyword, which appears on chosen billboards along Interstate 15. They will receive an automatic bounceback text message containing their unique, promotional text code. Once they've received their text message, guests must swipe their new member player's card and enter their unique text code at the prompt at one of the six kiosks at the Primm Valley Casino Resorts properties. Once the code is validated, the guest is able to play the New Member Millionaire Mania game to instantly win. Players will see how much they have won by reading the dollar amount that appears on the kiosk screen. New Member Millionaire Mania requires the swipe of a new enrollment card and text code to participate. For more information, call 1-800-FUNSTOP (1-800-386-7867) or visit www.primmspecials.com. All offers are subject to availability. Standard text messaging fees apply.

A destination at the Nevada/California border, Primm Valley Casino Resorts offer something for everyone. With attractions for the whole family, Primm Valley Casino Resorts offer entertainment and recreation at an affordable price.

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FEELING COOL

Filled with scenic beauty and **pristine beaches, Monterey,** Carmel and **Lake Tahoe** are the perfect summertime escapes in the Golden State.

By Lynda Schauf

You don't have to go far for a cool summer getaway. California offers some prime spots for beating the heat. The Monterey area is one of the most popular destinations along the California coast. A city of only 32,000, Monterey attracts easily 100 times as many tourists each year to enjoy its waterfront beauty, restaurants and peaceful atmosphere. But it was the Depression and the Dust Bowl of the 1930s that brought a new wave of immigration to the Monterey Peninsula. Travelers from the drought-stricken South and Midwest came by the thousands to pick lettuce and other crops and to work in the sardine canneries. Their experiences are part of the history of pre-war Monterey as depicted in *Cannery Row, The Grapes of Wrath, East of Eden, Tortilla Flat* and other John Steinbeck classics.

Monterey's carefully restored downtown is included in the historical cradle of California where adobe Colonial style houses line the streets. Monterey State Historic Park is the best place to catch a glimpse of the olden days. Historic buildings and pleasant gardens are obvious in this area, and the site hosts historical reenactments and festivals, such as the Monterey Living History Festival every Independence Day.

Within walking distance from downtown is Fisherman's Wharf, home to a wide selection of seafood restaurants, including Café Fina or the 100-year-old Rappa's Restaurant, as well as unique gift shops. Be sure to try Carousel Candies for homemade sweet treats, and the Wharf's General Store for just about anything else.

A mile down the coast from the Wharf is Cannery Row, a world-class destination with shops, restaurants and bars housed inside historic former sardine-packing factories, with unique reminders of the lives depicted in Steinbeck's epic novels. Here you can visit the Monterey Wax Museum with its historical and cultural background information about the area.

Much of Monterey's coastline has been put in the care of the state to keep it protected. Its beaches remain famously pristine. The Monterey Bay Aquarium, housing unique and exotic wildlife, has done much to heighten awareness of the fragile marine environment off the Central Coast. The most recent addition to the federal wildlife sanctuary system is the Monterey Bay National Marine Sanctuary. Here visitors will see otters at play, a towering kelp forest, trance-inducing jellyfish, the world's largest aquarium window,

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and even a chance to pet a velvety Bat Ray. Marine tours of Monterey Bay include whale-watching excursions that leave from the wharf.

For a real treat, stay a few nights at the Lodge at Pebble Beach. Golf enthusiast or not, this ocean-front setting offers an elegant, relaxed atmosphere, attentive hospitality and stately architecture. Amenities include exquisite dining, spacious rooms, four championship golf courses, tennis courts, and equestrian and hiking trails. The Lodge was listed among the World's Best Hotels, 2010, in *Travel & Leisure* magazine.

Located on Monterey Bay is the charming community of Carmel where quality-of-life matters are taken very seriously and where you will not see neon signs, telephone poles or street numbers on the houses. Affluent Carmel preserves its idyllic gracefulness with the propriety that one might associate with Martha's Vineyard. It is known for its exclusive gift shops, award-winning restaurants and secluded hotels.

Carmel Valley is even more laid-back than Carmel. Carved by the original rancheros in the area, it still looks very much the way it did when the Spanish dons owned the rolling greens. Driving along Carmel Valley Road provides picturesque images of cattle and horses grazing on the hillsides.

The coastline of California is not the only option for cooler climate and wonderful scenery. Heading further north and inland will guarantee visitors a lively atmosphere for water sports, top name entertainment, and close proximity to a favorite indoor sport, gambling.

Lake Tahoe provides a cool getaway from the summer heat of Southern California. The pine-shrouded alpine lake truly earns the title of "Jewel of the Sierras." Crystal water shines brightly both winter and summer, allowing visitors to relax and enjoy the beauty. Driving the 72-mile shoreline around the lake is the best way to enjoy the beauty and see the sights. However, that is not the only way to view everything Lake Tahoe has to offer.

The Tahoe Rim Trail, which goes completely around the lake, is possibly one of the most beautiful trails in the world. Hikers will find this 150-mile trek reaches an altitude of 9,400 feet, passing hunting grounds and game trails once used by the Washoe Indian tribe. If you wish to commune with nature, this trail is a must.

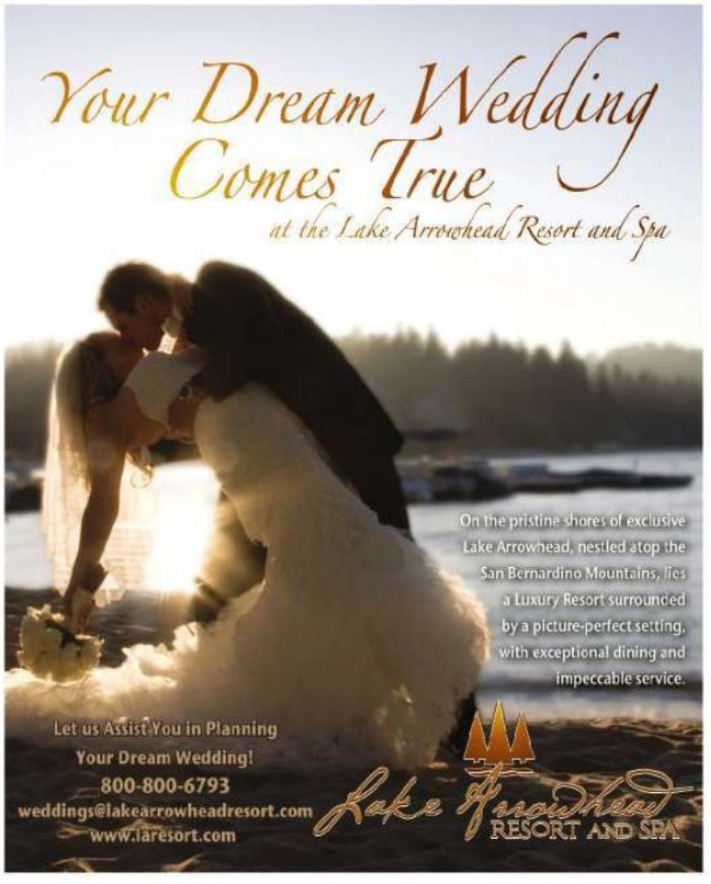
To see the lake up close, take a ride on Hornblower's *Tahoe Queen*, which provides guests a peaceful view of the coastline while enjoying a sumptuous meal. Or sail the lake on *Woodwind II*, a catamaran that operates daily trips April through October, and is also available for wedding charters. There is even an option to view life underwater on a glass bottom boat ride.

For the sailing enthusiast, Tahoe Sailing Charters offer numerous options for a two-hour sail, a romantic sunset cruise or an all-day trip to various points of interest on the lake.

If you love river rafting, Truckee River Rafting provides experiences for all ages and abilities through miles of beautiful river flowing down the Truckee River. Trips are two or three hours in duration, with professional guides to make the experience safe and exciting.

Biking around the lake is easy with the many paths provided. Numerous places have all the equipment you need, plus maps and advice. Select a trail relative to your experience and stamina.

The South Lake Tahoe Bike Path starts



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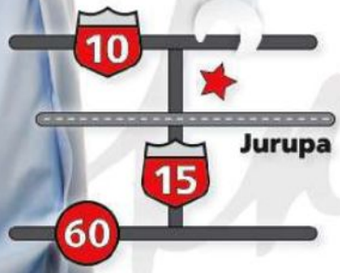

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where Highway 50 first touches Lake Tahoe at El Dorado Beach, connecting to other bike trails throughout the city of South Lake Tahoe and into Nevada. Part of the trail bridges over Trout Creek and the Upper Truckee River just south of the lake.

The Ritz-Carlton Highlands, Lake Tahoe, a new $300 million project, is located mid-mountain in the Northstar-at-Tahoe ski area. It features a signature restaurant, Manzanita, by famed San Francisco celebrity Chef Traci Des Jardins, a 17,000-square-foot spa and fitness center, and preferred access to the Old Greenwood Golf Course. An inter-mountain gondola connects resort guests to nearby shops, restaurants and activities of the Village at Northstar. Perched slope-side within a 15 minute drive of both Lake Tahoe and the historic town of Truckee, the year-round destination offers guests a unique blend of activities and relaxation.

No need to suffer through the heat of Southern California during the summer months when a cool, picturesque and inviting retreat is but hours away by car or flight.

Lynda Schauf owns Laura's Travel Service, Inc. in Redlands. www.laurastravel.com

TIDE POOLING along Monterey Bay

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WORLD CLASS

The PGA-approved Oak Valley Golf Club will keep you in the swing.

By Richard Lemire

The reputation of Oak Valley Golf Club in Beaumont continues to grow as this course matures and improves with age. When you add a dedicated ownership and management team to one of the most challenging golf layouts in Southern California, you have the recipe for a great golf course. The Oak Valley campus has enlarged to include a Holiday Inn Express, and this has made Oak Valley Golf Club an even stronger destination. I would like to particularly commend Dave McMahon as one of the finest facilitators of a golf-hotel complex anywhere. Whatever you need, Dave will get it done for you. The only thing Dave can't do is hit your ball for you. That is up to you. The Schmidt-Curley designed course could easily make you hit your ball more times than you would like. A low score at Oak Valley is a fine accomplishment indeed. It is no surprise that this golf course is chosen annually for the PGA Stage Two Qualifying Tournament.

The Oak Valley journey starts off with two very similar par 4's. The first hole measures 369 yards and the second, 360. Both are bordered by Interstate 10 on the left, but only the poorest of tee shots will reach the freeway. On both holes, it is best to favor the right side of the fairway to avoid bunkers and undulations Schmidt and Curley have placed on the left of each fairway.

One of Oak Valley's most attractive holes is the 185 yard par 3 third. The tee box is perched high above a large, sloping green below. Beware of the predatory bunker that lies to the right of the green. I find the 374 yard par 4 fourth hole to be very intimidating. A deep expanse of brush, reeds and cattails separates the tee box from the landing area in the distance. The fairway narrows as it makes its way uphill to a blind green.

Oak Valley's longest hole is the 581 yard par 5 fifth hole. Unlike the previous hole, the fairway is very wide. It slopes downward, then gently rises up to the green. Sand to the left

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MIKE PEARSON, PGA, director of golf at Oak Valley Golf Club in Beaumont. The course is known for possessing memorable vistas with natural rolling terrain, picturesque elevation changes and fantastic shot values.

PHOTOGRAPHY: JIM DORSEY

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is the major obstacle as you approach the green. The 170 yard par 3 sixth hole is a brief respite before you reach one of the most demanding holes anywhere, the 474 yard seventh. This par 4 is carved out of the natural landscape. The fairway descends away from the tee and drops off very deeply on the left side. The green is set up on a plateau, with the fairway curving to the left approaching the green. Approaching from the right gives you the best view, approaching from the left leaves you with a blind uphill shot. Also beware, there is a steep drop-off on the left rear of the green. One playing partner once described this hole as looking like "the backside of Mars."

Continuing down a natural canyon is the eighth hole, a 440 yard par 4. The right side of the fairway looks most inviting from the tee, as opposed to the moonscape to the left. The green is tucked away nicely next to a slope on the left. Avoid the bunkers and the deep rough to the right of the green. It is a short climb out of the canyon on to the nice wide open fairway of the 557 yard par 5 ninth hole. Avoid the large bunker and brush areas to the left off the tee and you could score well here unless you are hitting into the wind. The majestic peak of Mt. San Jacinto looms in the distance.

The back nine starts off with a short but tricky 349 yard par 4. The trickery is provided by the bunkers and uneven fairway leading up to the green. Enjoy this hole now, because things get tougher as you go on. Water comes into play on several holes on the back nine, and you first encounter it at the 199 yard par 3 eleventh hole. The lake is on the right and bunkers lurk on the left and rear of the green. Water is less of a factor on the 416 yard par 4 twelfth hole. Your drive should clear the lake, but you will also want to avoid the large fairway bunker to the left. The landscape surrounding the green, like many holes at Oak Valley, is uneven and covered with thick grass. Number 13 is a long but very playable 557 yard par 5. It is wide and forgiving, but steer clear of the trees to the right.

The 210 yard par 3 fourteenth hole can be tricky, especially if the pin is placed behind the embankment to the left that obscures part of the green. The hole is easier when the pin is in plain sight. If you have been waiting for a dogleg right to appear, the 411 yard par 4 fifteenth hole will please you. The fairway curves around a brush area to the right that you will want to avoid.

Water reappears at the 523 yard par 5 sixteenth hole. A lake forms the left edge of the fairway from its midpoint all the way up to the green. The entire layout of the hole is visible from the elevated tee, so you know to avoid the bunkers on the right off the tee, and the bunkers and uneven ground again on the right as you approach the green. The opposite bank of the lake that you encountered on the eleventh hole comes into play all along the right fairway of the 355 yard par 4 seventeenth hole. A solid tee shot puts you in contention for a low score here, as long as you avoid the hidden bunkers behind the green.

Oak Valley challenges to the very end, as evidenced by the 471 yard par 4 eighteenth hole. The length is compensated by having a wide fairway to work with. Choose your club for your second shot carefully, because if you come up short, bunkers fronting the green could claim that shot.

OAK VALLEY GOLF CLUB. 1888 Golf Club Drive, Beaumont. (951) 769-7200. Eighteen holes. Favorite hole: #3, 185 yard par 3.

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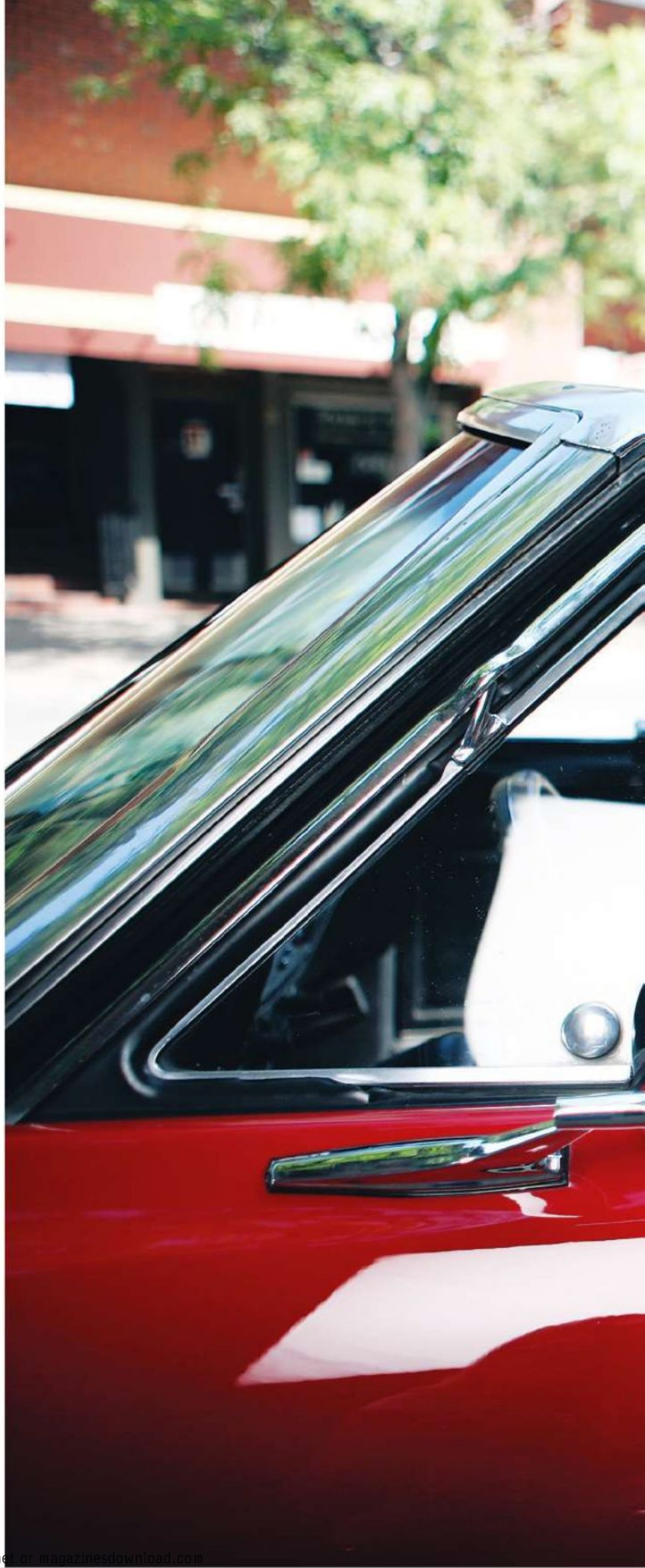
THE COOKING DUDE

THE FIRED-UP HOST OF HIT SHOWS LIKE "DINERS, DRIVE-INS AND DIVES," CHEF AND RESTAURANT OWNER GUY FIERI DEFIES HIS OWN OUT-OF-THE-BOX STYLE TO GROUND HIMSELF IN OLD-FASHIONED VALUES.

by **TAMMY MINN**



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GUY

Fieri is on the road, but he's not driving the signature 1967 Chevy Camaro SS he typically tools around in on the Food Network's "Diners, Drive-ins & Dives." Instead, the self-styled 42-year-old "kulinary gangsta" is packed into a 1.5 ton pick-up truck with a crew cab on his way to Tahoe "to do a show and then a wedding for one of my buddies," he says by cell phone. But he's not going it alone. His wife Lori, sons Hunter, 12, and Ryder, 3, are with him, along with the family's two dogs – a Chihuahua and a German Shepherd puppy. "I try to take the family with me as much as I can," says Fieri, the spiky-haired TV host who looks more suited to the WWE than a French culinary school. But his laid-back, genuine style has struck a chord with viewers, taking him off-the-charts in four short years, zooming beyond the kitchen to the varied pages of *Motor Trend, People* and *Guideposts*, to name a few.

But Fieri's success didn't happen overnight. His first commercial food venture was at age 10 when he ran The Awesome Pretzel from a vending cart attached to his bicycle. He later graduated from the University of Nevada, Las Vegas with a degree in hospitality management and ran restaurants for several years. He and Steve Gruber, a business partner, opened Johnny Garlic's California Pasta Grill in northern California in 1996. More locations and new concepts followed, including Tex Wasabi's, a Southern BBQ and California Sushi restaurant.

By 2006, Fieri was ready to go big and competed in season two of "The Next Food Network Star." He won valuable face time, but also the contest, which came with a six-week commitment for his own show, "Guy's Big Bite." It was picked up for a second season and is still in production.

GUY FIERI with Lauren Gilmore and Alli Wang of NBC's "Minute to Win It."

CHRIS HASTON *NBC*

As high energy as the food and drinks he consumes, Fieri didn't rest on his burgers. He also hosts "Diners, Drive-ins and Dives," "Ultimate Recipe Showdown," co-hosted by Marc Summers, "Guy Off The Hook" on the Food Network and the NBC game show "Minute to Win It" in which contestants must complete a task in 60 seconds to get to the next level.

Although Fieri didn't create "Diners, Drive-ins, and Dives," also known as the Triple D or DDD, which debuted in 2007, he loves the concept: small restaurants, real people, great food. Each episode generally has a unifying theme (such as burgers or comfort food) with Fieri visiting multiple restaurants to sample the food that corresponds to this theme. The program focuses on small independent eateries serving traditional American-style cuisine (such as barbecue, smoked meat, hamburgers, deep fried food, steak, and bacon-and-egg breakfasts), regional styles, or ethnic specialties. Most often, the restaurants that the show chooses use fresh ingredients, home-style recipes, and gourmet culinary approaches to what is usually considered non-gourmet food.

Using his trademark good humor and playful banter, Fieri interacts with both customers to get their opinion on the food and kitchen staff, who demonstrate how to prepare one or more of the dishes.

On his list of "go-to" places is the Inland Empire's Emma Jean's Holland Burger Cafe in Victorville. It, and a recipe for the Trucker Special Sandwich with Roasted Tri-Tip, was on the show's Web site in the spring and is featured in a YouTube segment. Built in 1947, the diner is owned by Emma Jean's son, Brian Gentry, and his wife, Shawna. Several TV shows and movies, including *Kill Bill 2*, have been filmed there. Along Route 66, it's a blast from the past.

Fieri has produced a series of tie-in DVDs and books to the show: *Diners, Drive-ins and Dives; More Diners, Drive-ins and Dives: Another Drop-Top Culinary Cruise Through America's Finest and Funkiest*; and, *Diners, Drive-ins and Dives: An All-American Road Trip with Recipes.*

Sampling all that great food could have Fieri tipping the scales over. But he spends more than an hour a day at the gym and focuses on eating healthy meals, something he feels passionate about when it comes to children. Fieri cooks with his own sons and helped draft California state legislation proclaiming the second Saturday in May annually as "Cook With Your Kids Day." Sponsored by the Guy Fieri Foundation, it was passed unanimously by the

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"He's a good cook. We're hoping TO GET THE SAMMY HAGAR/ Guy Fieri restaurant up and running."

CHRIS HASTON *NBC*

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California State Legislature in 2009.

"Though I'm a TV chef and restaurant guy, the Guy Fieri Foundation is not simply about food, though it is a key component because it is the common denominator for all people. The world has changed and grown so much, but where is the imagination? Food is one way. If you give a child the opportunity to make the decision of what we are going to make for dinner...it gives them a sense of accomplishment and achievement. I cannot believe doing that cannot develop their inner minds and energize them to go after their own goals," he says.

Fieri credit his parents with his success. "I'm the hugest fan of my dad. I've said it a million times. If I get to be half the parent to my kids that my parents were to me, I will be blessed. They are the most unselfish parents. I look at my dad in awe," he says.

Fieri is also an avid car fan. NASCAR honored Fieri as Grand Marshal of the Save Mart 500 at Infineon Raceway in Sonoma in 2008. In addition to the 1967 Chevy Camaro SS that he drives on "Diners, Drive-ins, and Dives," Fieri owns a 1976 Jeep CJ, 1972 Chevy Chevelle SS454, Corvette C6, a 1990 Chevy Silverado 1500, a Shelby Cobra and a 2008 Lamborghini convertible.

In addition to spending time with his family, Fieri supports law enforcement and military groups and has cooked and entertained troops and their families on numerous bases at home and abroad. While on the road, Fieri answers a few questions:

You're pretty good friends with the I.E.'s Sammy Hagar. How'd you meet? He's such a great guy. Hagar is absolutely the real deal and a great friend. I actually met him about 10 or 11 years ago. I was near the stage at a show he was doing and I had on some flashy sunglasses. Between sets, he asked to see them. We traded sunglasses and ironically, we became friends.

Can he cook? He's a good cook. He has a good palate and knows food. We're hoping to get the Sammy Hagar/Guy Fieri restaurant up and running.

Where would that be? We aren't sure yet, but I imagine it would have a lot of great food and maybe some rock and roll.

What's your first food memory? I remember the smell of soy sauce at

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GUY'S FAVORITE FOODS

- **PASTA**
  A good quality with a nice texture
- **PASTA SAUCE** made from San Marzano tomatoes
- **HONG KONG NOODLES**
  His kids love this
- **A BIG FAT T-BONE**
- **BANANAS AND FRESH FRUIT**
  for good health
- **RED ROCKER MARGARITA CHICKEN**
  A tribute to buddy Sammy Hagar
- **HUNTER'S HERO**
  Hoagie sandwich named after his son

a very young age.

Were you always a foodie? Oh, yeah. I would drive my mom nuts because I would get up in the morning and ask, "What's for dinner?" She'd say, "You're not allowed to ask about dinner until after lunch."

Did you have a favorite food growing up? Pasta with tomato sauce.

Is that still a favorite? Oh, yeah. There's a texture in pasta, especially a well-made pasta. With really good pasta, it's got a nice tooth to it. It's not just cooked al dente, but it's the texture and that comes from the flour it's made with, the way it's dried.

What's the most unusual food you've eaten? Lamb's tongue. I don't like to eat the parts of animals that had a job.

What's your kitchen like at home? It's about 900 square feet with Viking's residential-commercial appliances. I have four refrigerators, three dishwashers, three sinks, a steamer, 12 cutting boards.

What would people be surprised to find in your kitchen? You know, it's a damn grocery store, so I'm not sure what they wouldn't find. I have all kinds of flour, all kinds of everything. I don't like to start a cooking project and not have the ingredients. So I'm pretty well-stocked.

What's not in your kitchen? Very few sweets. Almost no chocolate. I'm not dessert-oriented, not real into baking. That would probably surprise most people.

What would you be if you weren't a chef? My wife says I'd be a rock star.

You're a car fan. Any racing history? I used to drag race—had a horrible career in it. I love it, but I just couldn't get over pushing the car beyond its limits. I totally respect the racers, though. They've got nerves to no end.

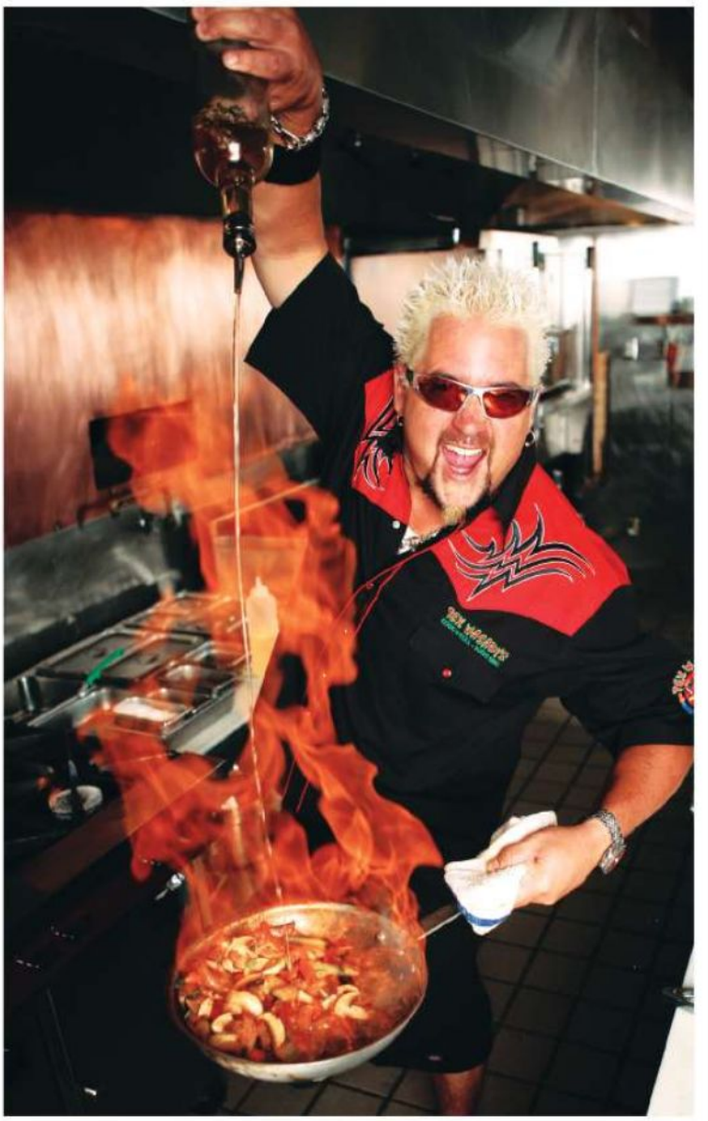
Who's your hero? My dad. He's really the one who's been the biggest influence in my life. He always said to be whatever you want to be. And he's a food guy—loves meat, pasta, spicy food. His dad died when he was 15 and he made himself. He's an amazing man.

Do you live close to your parents? We just built them a house next to ours. It's great to have my parents so close to us and our kids.

What's the best advice you've gotten and who did it come from? Sammy Hagar told me early on to surround myself with good people and don't lose it all in the voyage. Keep your life real focused and don't forget what's really important.

What's next for you? Filming the shows. "Guy's Big Bite" starts again in August. And I'm working on another cookbook that should come out in the spring.

How can people keep up with you? Check out my Web site, www.guyfieri.com.



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DINERS DRIVE-INS AND MORE

Taking a page from history and a popular TV show, we scouted the Inland Empire for food spots that offer comfort food in sometimes humble environments that are rich in pride, passion and nostalgia.

BY DAVID COHEN

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There's no question

that retro dining is making a comeback. Many of us can remember Friday nights cruising Main Street, then stopping at the local drive-in for a late night burger and a shake while blasting the radio, listening to Wolfman Jack and Casey Kasem. The movie *American Graffiti* really captured those times and the big questions that went with them. Off to college or stay home and get a job? Can a regular guy get the girl in the Thunderbird? We put such decisions aside on weekend nights and got lost in the music of the times as we partook of the food of youth. Nowadays it's hard to find places where you pull into a carport and a server comes to the car and takes your order while chewing gum and wearing roller skates, then delivers the food back to the car. Mike's in Northern California and Mel's in Southern California used to offer such amenities. With insurance costs skyrocketing and servers getting hassled by car occupants at an increasing frequency, only Sonic in Southern California has maintained curbside service, but roller skating staff have all but disappeared.

The places I've selected do burgers in various ways, ice cream sundaes, malts and shakes, with music of the '50s and '60s playing nonstop. They all resurrect the era that Simon and Garfunkel called a "time of innocence and confidences." With so many economic and global problems to stress you out, is it any wonder that the quintessential comfort food is making such a comeback?

So for those of you who used to listen to the DJ shows that were beamed across the country, like Scott Muni on WNEW, Cousin Brucie Morrow on KABC and Murray the K and his swinging soiree doing submarine race watching on Friday nights, break out those hula hoops, bobby socks, ducktails and the 45 collection containing such luminaries as Richie Valens, the Big Bopper, the Tokens, Chubby Checker, Del Shannon, and the Beach Boys, and head over to one of the places I describe. Enjoy the nostalgia if you're old enough to remember, and if not, the food is inexpensive and filling and will provide a glimpse into your parents' (or grandparents') generation.

FOOD SERVERS Kasey Middlestead (left) from Sonic in Murrieta, and Guadalupe Aguilera from Bravo Burgers in Redlands

PHOTOGRAPHY: AUBREY NOELLE

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JOHNNY'S BURGERS
Riverside

PHOTOGRAPHY: TRINA GONZALEZ

1. Ruby's Diner

MULTIPLE LOCATIONS

With multiple locations, including Riverside and Palm Springs, Ruby's has been around for more than 25 years, and the servers still wear the classic red and white striped outfits. Twelve different burgers are available, as well as pot pies, banana splits, corned beef scrambles, portabello mushroom benedict, and Ruby's original malted waffle cones. They've recently added a Kobe burger. It's an ultra premium grade of beef with a rich beefiness you can't duplicate in standard ground beef. Try the All American with aged cheddar cheese, iceberg lettuce, tomato, sliced red onion and sundried tomato mayo.

2. Bravo Burger

CHINO HILLS, MORENO VALLEY, POMONA, REDLANDS, SAN DIMAS, VICTORVILLE

Bravo Burger is one of those places where you can get Greek, Mexican and classic American fare. Burgers come with Thousand Island dressing. Other selections include hot pastrami (biggest seller), a Greek salad, barbecue pork or chicken, Philly steak sandwiches, fish burritos, gyro sandwiches, fried chicken, wild grilled salmon, chorizo and egg burritos, chicken and spinach omelettes, and menudo. The green chile burrito with carne asada and guacamole is one of my favorites. It's one-stop dining where there's something for every member of the family.

3. Richie's Real American Diner

RANCHO CUCAMONGA, MURRIETA, TEMECULA

At Richie's Diner, not only do you get your classic diner fare and ambiance, but they also have a big black smoker out front where they cook steaks, ribs, chicken, tri-tip and kielbasa over mesquite, imparting a great smoky flavor. The ribs are fall-off-the-bone tender, and you can score a bone-in 12- to 14-oz. sirloin for only $12.95. Of course, there's plenty more of that good old-fashioned fare. Sunday and Monday are pot roast days and Wednesday is pan-fried chicken day. Also available are half pound burgers, homemade meatloaf, chicken pot pie, macadamia nut crusted chicken and Ozark-style glazed ham. Do check out southern sweet potato pancakes and eggs, the cappuccino double mocha shake, and hot fudge brownie sundae.

4. Sonic

MURRIETA, HEMET, APPLE VALLEY, RANCHO CUCAMONGA

Sonic is called America's Drive-In, and one of the last few still functioning as such. You pull into a carport, push the red button next to the menu, and staffers take your order. Waitresses will bring the food to your car (sans roller skates). The Sonic Burger is quite good, done on a soft roll with lettuce, tomato,

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mustard and sweet pickle. They also do an extra long chili cheese Coney Island hot dog, a Bacon Cheeseburger Toaster on Texas toast with hickory barbecue sauce, jumbo popcorn shrimp, Santa Fe grilled chicken wraps and Super Sonic Jalapeno Cheeseburgers. The frozen drink selections are extensive and include cream pie shakes and java chillers. Also, the limeade blends are killer. The menu is limited, but what they do is first rate.

5. The Hat

UPLAND, RANCHO CUCAMONGA

The original Hat drive-in in Upland has been around so long, coffee was originally 5 cents and burgers 25 cents. Now, this place prides itself on its pastrami dip, a huge messy delicious pile of meat. They also do a roast beef with gravy, barbecue beef, big burgers, a chile tamale, and one of the Southland's best hot dogs. Cold sandwiches are also available, including chicken salad and ham and swiss. You can get an order of wet fries with gravy. Drinks to cool you off on a summer night include pink lemon olé and pina colada bang.

6. Stevie Dee's Cafe

RANCHO CUCAMONGA

This white building with blue stripes and a brick border doesn't have to try hard to be a '50s/'60s diner, because the ambiance and fare lives and breathes it. Photos of Marilyn Monroe and Elvis grace the walls, '50s music fills the air, and there's a wall collection of original 45's. There are even shots of those big-finned Cadillacs from the '60s. The breakfast dishes are staggeringly huge, more than enough to feed two. Check out the savory sausage and eggs, the Spanish omelette and the meat lovers scramble for breakfast. There's an array of burritos and burgers for dinner and a trio of pork chops, chicken fried steak, liver and onions and meatloaf. Eating here is like going to my grandmother's for dinner.

7. Johnny's Burgers

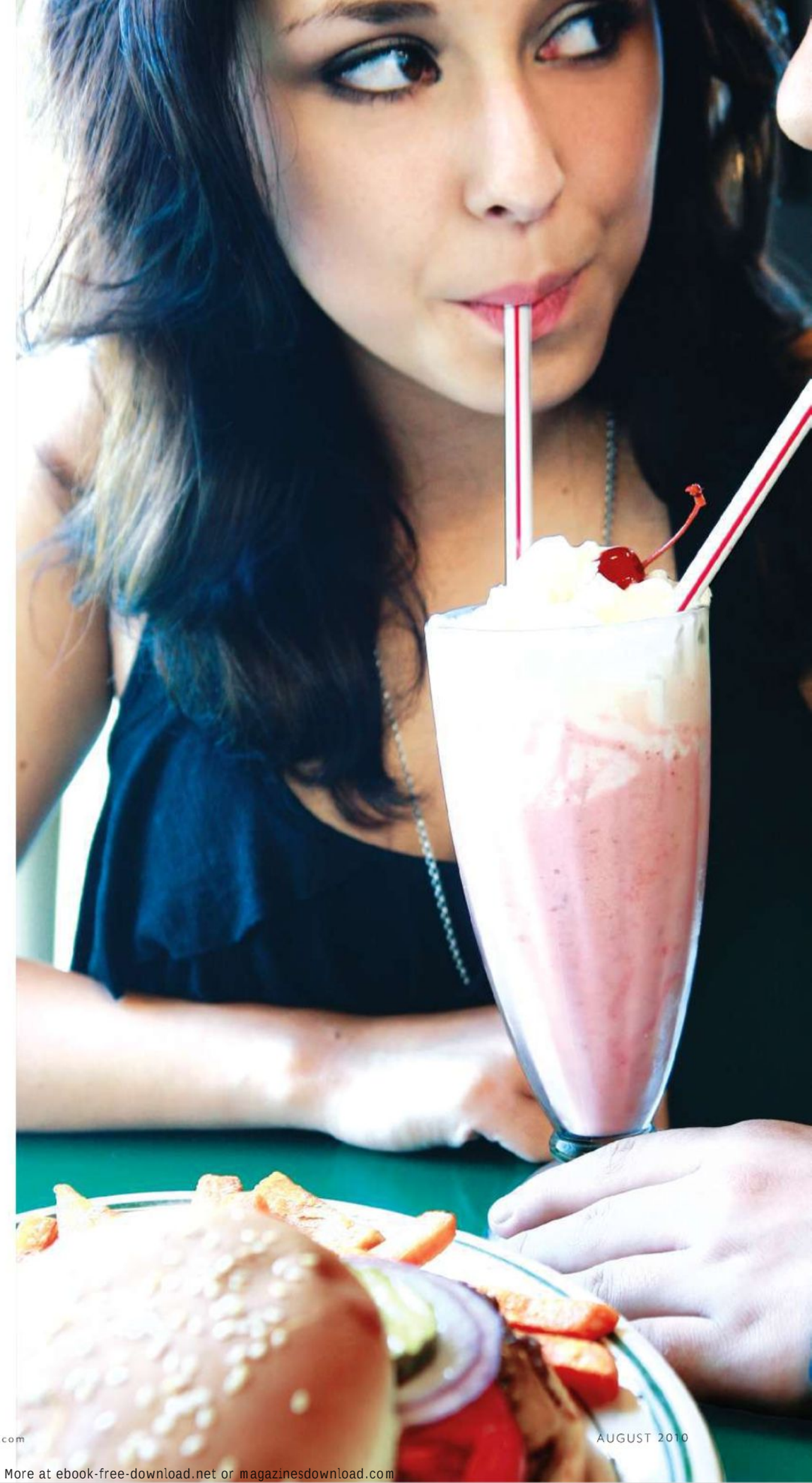
RIVERSIDE

The original is a mom and pop place at the corner of Indiana and Madison where the time and love they put into each selection is evident. There are always lines here, but it's worth the wait—big, juicy meaty burgers; a messy chili dog with freshly grated cheese and onion; and burritos so chock full of ingredients you need both hands to devour them. All are made to order, mainly by the owners. The fries rival McDonald's, and the steak sandwiches and pastrami are a couple of cuts above your standard fast food fare. (Also at Riverside Plaza and in La Sierra.)

8. Brandon's Diner

MULTIPLE LOCATIONS

Brandon's Diner offers an array of Mexican



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and American fare. Prices are rock bottom, and the huevos rancheros is one of the best renditions around. The eggs are topped with chunks of pork and green chile sauce, and you get a side of beans, home fries and flour or corn tortillas. Another raving deal is the spicy sausage, eggs, pancakes and a side of hash and biscuits and gravy for only $5.49. The French toast is bomb, as is the turkey melt and pita chicken salad. The matador burrito is stuffed with chicken or beef fajitas, guacamole, rice, beans, pico de gallo and sour cream. Hopefully the matador ate one of these after the bullfight, rather than before. Great breakfasts, and while the ambiance is minimal, the food makes up for it.

9. Peggy Sue's in Yermo

JUST PAST BARSTOW ON THE WAY TO VEGAS

The ambiance here is first rate. Peggy Sue was a Hollywood actress, and many of her movie star friends signed photos which are prominently displayed. There's a lifesize James Dean figure up front, as well as Marilyn Monroe and Elvis figures in the dining rooms. In addition to burgers, shakes, malts and hot dogs, they also have a pizza parlor and a number of dishes named after singers, including the Tina Turner Tuna sandwich, the Fabian French dip, and the John Denver omelette. The chicken-fried steaks with hash browns and biscuits and gravy will keep you full to Vegas and beyond. The food is OK, but it's really the awesome ambiance that people make the drive for.

10. Mel's Drive-In

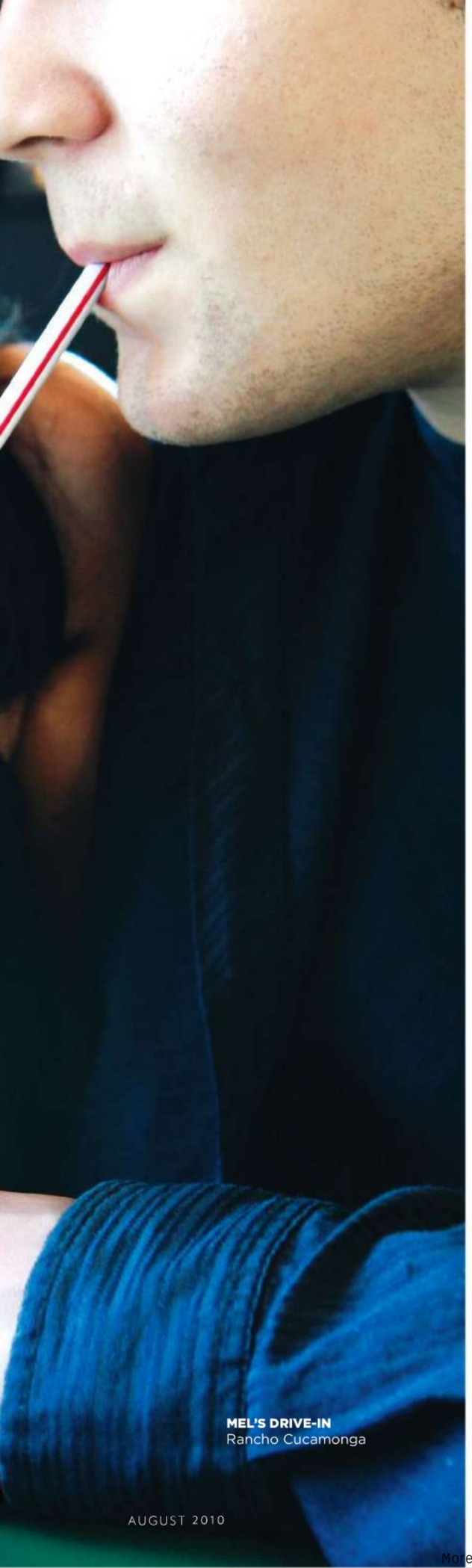
RANCHO CUCAMONGA

These days, Mel's is more like a diner, since there is no drive-through nor carport like there used to be in the San Fernando Valley and Hollywood. Mel's in Rancho Cucamonga offers some fine fare, including the New York great steak; famous Mel's burger (one-third pound of chuck on a sesame seed bun with a Bermuda onion and mayo); and the San Francisco hot dog on toasted sourdough. They offer three-course dinners (including tri-tip, salmon and surf and turf) daily, and have recently added slider trios with cheddar, Mel's sauce and addictive grilled onions. You will also find a wide array of salads, Grandma's chicken soup, pastrami specials, Reubens still served with sauerkraut, and homemade pot pies. Don't miss the Oreo cookie milkshake, deep dish peach cobbler, and fresh strawberry shortcake when in season. Classic car shows every month.

11. Rosa Maria's

SAN BERNARDINO, HIGHLAND, REDLANDS, FONTANA

Founded by husband and wife Jose and Guadalupe Robles, Rosa Maria's has been serving Lupe's famous burritos and other authentic Mexican-style food in the Inland Empire for more than 35 years. Hand-dipped rellenos, homemade tortillas and the signature garbage burrito are just a few of the reasons for the success of this family owned and operated drive-in/restaurant that has expanded to four I.E. locations.



MEL'S DRIVE-IN
Rancho Cucamonga

BRANDON'S DINER (left), multiple locations;
JOHNNY'S BURGERS (right), Riverside

PHOTOGRAPHY: TRINA GONZALEZ

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Backyard Bliss

Get out the grill and get set for that special meal with these flavorful recipes.

Fresh air and fresh food. Alfresco dining has been popular for centuries, especially in the summer when food can be combined with fun and games—a swim in the pool, a friendly game of cards. In the Inland Empire, we're usually blessed with cool evenings, making outdoor dining even more inviting. To make an outdoor gathering easy on the host, choose recipes that can be prepared ahead and easily cooked. Shrimp is a good main dish choice, while Grilled Potato and Olive Salad and Green Beans with Sun-Dried Tomatoes and Walnuts can be waiting in the wings to serve. Finish with a cool, refreshing dessert, such as cherry almond cream, and you have the makings of a memorable summer feast.

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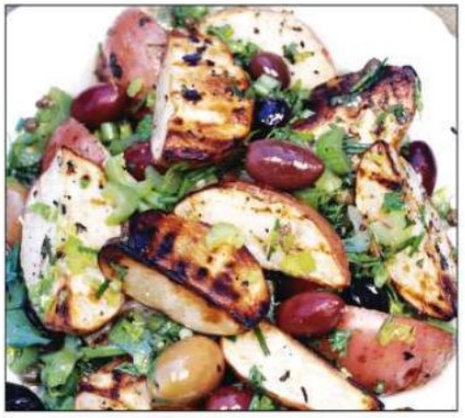


Grilled Potato and Olive Salad

- 1/2 cup olive oil, divided
- 2 pounds red potatoes, quartered
- 1/4 cup parsley, chopped
- Salt and pepper to taste
- 1 cup fresh celery with leaves, diced
- 1 cup mixed olives, pitted
- 1/3 cup chopped chives
- 1/3 cup capers, drained
- 1/4 cup red wine vinegar

Prepare a hot fire in a grill. Oil the grill rack with some of the olive oil. In a large bowl add potatoes and parsley and toss with 1/4 cup olive oil. Season with salt and pepper, toss to coat well. Grill the potatoes, turning often until they are done. Transfer to a bowl and combine with remaining ingredients, tossing to coat well.

Makes 6 servings.

Note: This salad can be made several hours ahead and kept at room temperature.

Green Beans with Sun-Dried Tomatoes and Walnuts

- 1 pound green beans, ends trimmed and cut in half
- 3 ounces sliced sun-dried tomatoes, drained
- 1/2 cup toasted walnuts
- 1/4 cup olive oil
- 1 tablespoon fresh lemon juice
- 1 cup crumbled Gorgonzola cheese
- Kosher salt and cracked pepper to taste

Add beans to a large pot of boiling water. Cook 5 minutes until al dente. Remove and place in bowl with ice water. Leave until cool. In a serving bowl combine beans with remaining ingredients and serve.

Makes 6 servings.

Note: This can be made several hours ahead of time and kept at room temperature.

Cherry Almond Cream

- 3 cups fresh or frozen cherries, pitted and halved, divided
- 1½ cups heavy whipping cream
- 8 ounces mascarpone cream cheese
- 1 teaspoon almond extract
- 1/2 cup powdered sugar
- 2 teaspoons fresh lemon zest
- 1 teaspoon fresh lemon juice

Purée 2 cups of cherries; set aside. In a large bowl whip the whipping cream until stiff peaks form. In a separate bowl beat mascarpone, almond extract and the puréed cherries. Add powdered sugar until well mixed. Add lemon zest and lemon juice. Fold into whipping cream. Stir in remaining cherries. Chill for 30 minutes, then serve.

Makes 6 servings.

Artichoke and Olive Antipasti

- 1/4 cup water
- 12 ounces frozen artichoke hearts
- 1 cup mixed, pitted olives
- 8 ounces grape tomatoes
- 4 tablespoons olive oil
- Zest from 1 orange
- Zest from 1 lemon
- 1 garlic clove, minced
- 1 cup Parmigiano Reggiano, cut into chunks
- 3 tablespoons red wine vinegar
- 1/3 cup fresh parsley, chopped
- Kosher salt and fresh cracked pepper

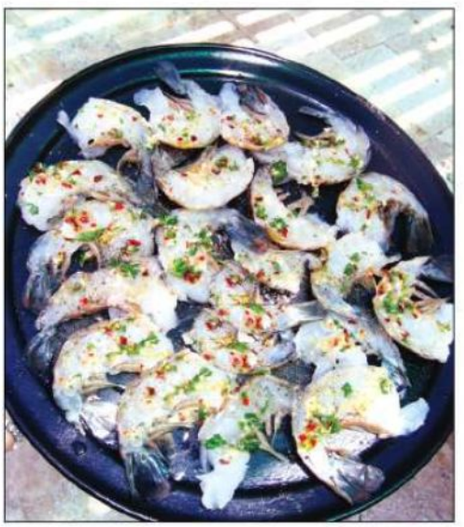
Place the artichoke hearts in a small sauce pan with 1/4 cup boiling water. Reduce heat, simmer and cook until fork tender. Remove, drain, let cool and transfer to serving dish. Add remaining ingredients, tossing to coat well. Serve immediately, or it can sit at room temperature for several hours.

Grilled Shrimp with Lemon Parsley Butter

- 1/3 cup butter, melted
- 6 garlic cloves, minced
- 1 teaspoon dried red chile flakes
- Juice of 1 lemon
- Grated zest of 1 lemon
- 4 tablespoons fresh parsley, minced, plus extra for sprinkling, if desired
- 2 pounds large shrimp with shells
- Kosher salt, to taste
- Cracked black pepper, to taste
- Fresh lemon wedges

Preheat a grill or barbecue to hot. In a bowl combine butter, garlic, chile flakes, lemon juice, zest and parsley. Place in microwave for 15 seconds, then remove from oven, stir well and set aside. Cut the shrimp in half lengthwise with a sharp knife. Rinse and season with salt and pepper. Place on a plate, shell side down, and brush with butter mixture. Place shrimp on grill and grill for 4 minutes, shell side down. Turn shrimp and grill for 1 minute more. Transfer shrimp to a platter and serve with remaining butter sauce and lemon wedges. Sprinkle with extra parsley, if desired.

Makes 6 servings.



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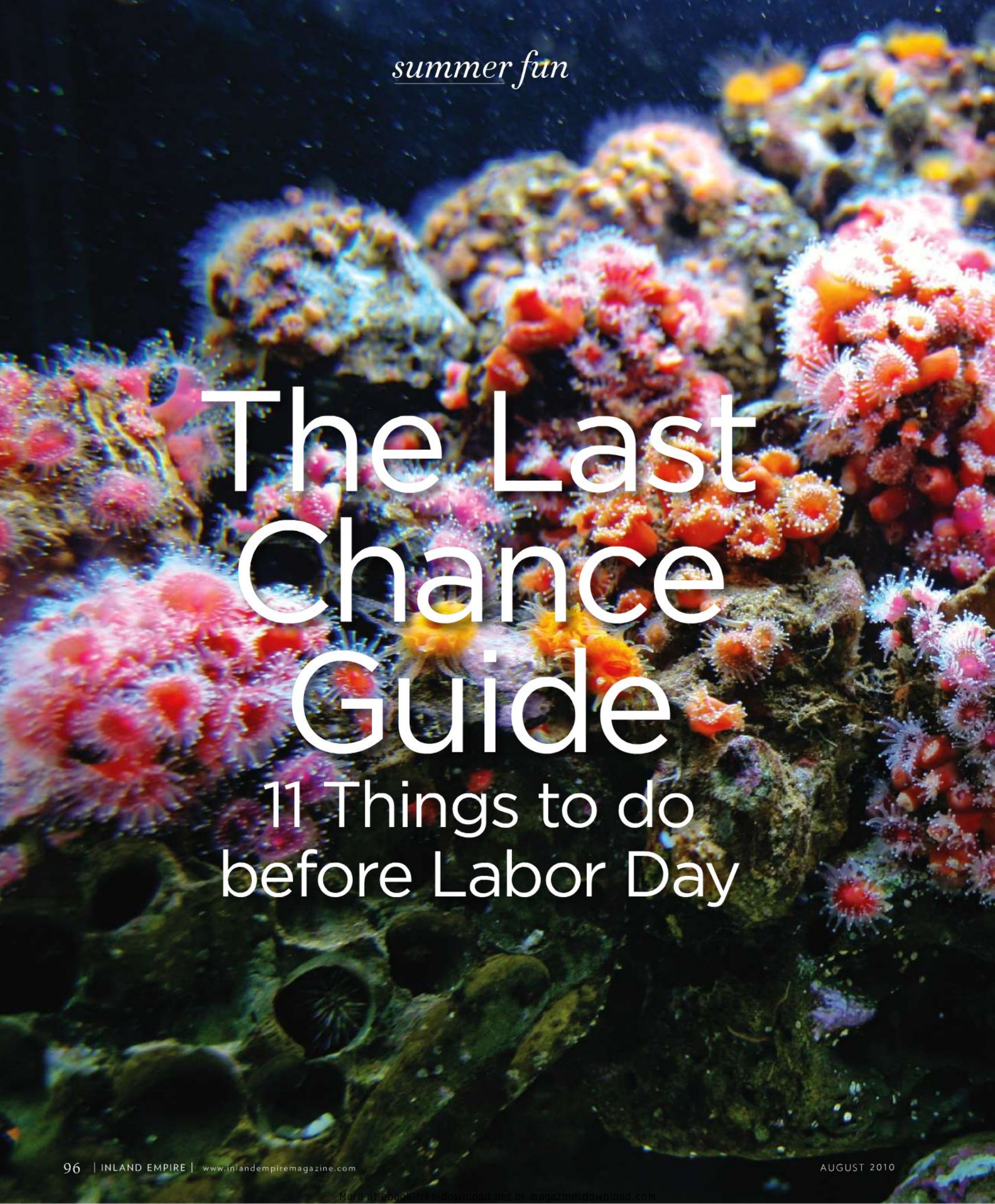

The Last Chance Guide

11 Things to do before Labor Day

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1

LOOK AT SOMETHING COOL

David Kisailus, Ph.D., assistant professor in the Department of Chemical and Environmental Engineering at UC Riverside, and his research associate, James Weaver, built a 500-gallon tropical reef in their research lab. The goal is to learn from nature new ways to "design, optimize, and synthesize engineering materials that display properties that we as engineers can only dream of." Kisailus says. To see the lab, contact david.kisailus@ucr.edu.

PHOTOGRAPHY: JIM DORSEY

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2
EAT PRACTICALLY HOMEMADE ICE CREAM

Ask for a scoop or build your own frozen treat. From Dr. Bob's hand-crafted ice creams at the Cal Poly Pomona farm store to a plethora of sweet shops featuring custom creations, frozen desserts speak for themselves.

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You don't have to be a school kid to feel the days of summer slipping away. As August creeps in, the calendar clicks toward fall and a return to busy calendars and schedules. Maybe you've already enjoyed that big vacation you spent last winter planning. Or maybe it was a family reunion or quiet weekends at your summer place. It's sad to see it end. But instead of getting a case of the summer blues by focusing on the end, make a list of a few things you'd still like to do that are nearby, things that are in your own backyard you've never done—ball parks, comedy clubs, outdoor adventures, entertainment venues. The Inland Empire has museums for every taste: air museums, a motorsports museum, and a science museum for starters. The local mountains provide a range of things to do, from hiking to boating to camping. What about places you've heard about or went to as a kid? Lake Skinner, Idyllwild, the Palm Springs Aerial Tramway. The many colleges and universities in the region offer a range of summer classes that can boost your professional development or advance your personal goals. We've put together a few things to do as summer draws to a close. You'll no doubt have your own ideas, too.

3
VISIT A COMEDY CLUB

Catch comedian Paul Rodriguez at the Improv in Ontario Aug. 6, 7, and 8. In addition to his numerous writing, directing, and producing credits, Rodriguez recently added his voice to the cast of the July film *Cats & Dogs: The Revenge of Kitty Galore*, which features Bette Midler, Christina Applegate, Carlos Alazraqi, Roger Moore and Nick Nolte, among others. As an accomplished writer, director and producer, Rodriguez has several hit projects to his credit, including the comedy concert film *The Original Latin Kings of Comedy*.

Rodriguez, who was voted one of the most influential Hispanics in America and awarded the Ruben Salazar Award by The National Council of La Raza (NCLR), began his career by doing warm-ups for Norman Lear's 1982 TV show, "Gloria." His latest stand-up concert DVD, *Comedy Rehab,* was recently released. Known for his involvement with charitable groups, Rodriguez has supported the Hispanic Scholarship Fund, Juvenile Diabetes Foundation, Elizabeth Glaser Pediatric AIDS Foundation and The Leukemia Society. In addition, as part owner of the Laugh Factory, Rodriguez has participated in the club's annual free Thanksgiving and Christmas dinners for the underprivileged for more than 25 years.

In addition to Rodriguez, Christopher Titus appears at the Ontario Improv Aug. 12 through 15 and Kevin Hart Aug. 19 through 22. Titus has appeared on "The Tonight Show with Jay Leno" and Comedy Central's "Premium Blend," among others. Kevin Hart has appeared in the films *Paper Soldiers, Scary Movie 3, Along Came Polly*, and *Scary Movie 4*. In addition to the Improv, check out the acts at The Comedy Club at Pechanga, the Laugh Factory at San Manuel, and other area casinos. For details on the Improv shows, see www.improv2.com/ontario.html for tickets and show times.

PHOTO: MIKE HUFFSTATLER

4
TAKE A HIKE

Serious hikers like to tackle the the San Gorgonio Mountain near Big Bear Lake. At a top elevation of 11,499 feet, it takes two to three days to hike the 21.3-mile loop-like trail. A little tamer, the five-mile-long Cougar Crest Trail starts 1/2 mile west of the Discovery Center on Highway 38 in Big Bear Lake. Another popular hike is the San Jacinto Peak. Take the Palm Springs Aerial Tramway straight up and get off to hike the San Jacinto wilderness. The first two miles pass through the Round Valley, then you'll descend to Wellman Divide before heading north toward the peak. The views from the top are spectacular. To find a trail that fits your style and to learn about any regulations that may apply, contact the Forest Supervisor's office at (909) 382-2600.

5
SHARPEN YOUR MIND

Expand your horizons by taking a class at one of the Inland Empire's community colleges. Most offer community education courses that meet just a few times, but offer a taste of something different. From accounting to Pilates, you can dabble in a subject you've always wondered about. At Riverside Community College, for $79, you can improve your "wow an audience" skills with a PowerPoint class Aug. 3. This one-day course is for those who want to learn how to organize and present their ideas in a professional and entertaining manner. At Mt. San Antonio College in Walnut, you can learn about European Art online starting Aug. 18. The six-week course is $95. Classes for personal enrichment are also offered through UC Riverside and Cal State San Bernardino's extended education programs.

6
GO TO A BALL GAME

The boys of summer are duking it out and you won't want to miss it. The play-like-you-mean-it Inland Empire minor league baseball teams—the Lake Elsinore Storm, the Rancho Cucamonga Quakes, the Inland Empire 66ers, and the High Desert Mavericks—compete with major league heart, giving it up for the love of the game and the fans who turn out to see them. The Storm recently won the team's third First-Half Championship in franchise history and its first since 2005, securing a spot in the 2010 Southern Division Final game in September. Besides watching good baseball, you'll get first class ball park hot dogs, cool mascots, and crowd camaraderie, making a night at the ball park an outing to remember. Check the teams' Web sites for game schedules.

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PHOTOGRAPHY: AUBREY NOELLE

7
TAKE A GREAT COOKING CLASS

Some private chefs joke that the fancier the kitchen, the less likely it has ever been used. One Riverside chef arrived at an estate home with an elegant gourmet kitchen that had been installed several years earlier, and prepared to turn on the professional stove, only to find it still encased in protective plastic film.

Avoid this scenario by learning to cook this summer. If you already have some basic cooking skills, expand your culinary repertoire with new cooking techniques. At The Cooking Store in Riverside, owner-chef Robert Sevaly and guest chefs teach classes that include Thai, Hawaiian and Italian dishes. The store also carries an extensive selection of cookware and gadgets. Visit www.thecookingstore.com for this month's classes.

You can also make sure your kids learn their way around the kitchen. "Parents just don't have the time anymore" to teach their kids to cook, says chef Leslie Sassaman, so many of them send their youngsters to her Young Chefs Academy in Claremont, (909) 625-7505. Adult classes are offered about once a month. This month it's a "Fresh Summer Pasta Dinner" Aug. 21, featuring pasta with arrabiata sauce, green beans with bacon vinaigrette, and mocha cheesecake brownie bars. Also in Claremont are classes offered by Linda Gianna Heilpern of Lotsa Flavor, including an Aug. 3 class on bocaditos, or "little mouthfuls" of South American cuisine, like empanadas, papusas and memelitas. Call the city of Claremont at (909) 399-5490 to register.

Redlands' Jeannine Stokes offers semi-private cooking classes, with enrollment limited to 12 students. See whiteapronca-tering.org for upcoming classes.

The Murrieta Cooks! kitchenware store has classes and demonstrations by chefs like Giuseppe Di Gristina of Raviolis Italian Bistro in Lake Elsinore. The Boeuf Bourguignon class is a customer favorite. Visit murrietacooks.com. Another store with classes is Williams Sonoma at Victoria Gardens, Rancho Cucamonga, (909) 646-8400.

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PHOTOGRAPHY: TRINA GONZALEZ

TOM'S OLD FASHIONED BURGERS
at Tom's Farms, Corona

8
ENJOY A DAY AT TOM'S FARMS

Experience some home-grown fun at Tom's Farms in Corona, where there's everything from fresh produce to furniture. Pick up some locally grown fruits and nuts, let the kids enjoy the tractor, train and pony rides and finish off the day with one of Tom's Farms' signature old-fashioned hamburgers. Don't forget to stock up on everyone's favorite candies and popcorn at the Sweet Shop. To get an idea of all the fun to be had, visit www.tomsfarms.com.

9
GET REALLY CULTURAL

From mastodons to fine art, I.E. museums hold pretty cool things. The Western Science Center in Hemet displays fossils of creatures that used to inhabit the region around Diamond Valley Lake. For other museum options, visit www.inlandempire.us/attractions/museums.php.

PHOTOGRAPHY: TRINA GONZALEZ

10
SEE CLASSIC GUITARS

If you like rock 'n' roll, check out a few of the instruments that made it happen. The Fender Museum of Music and the Arts in Corona showcases guitars, amps and memorabilia from some of the most iconic names in music history, like Steve Miller, Paul Rodgers and Etta James, and a one-of-a-kind Johnny Cash exhibit. All proceeds from entry fees go to the Kids Rock Free program. For more information check out www.fendermuseum.com.

11
GET A GREAT MUD BATH

Spend a day getting dirty at the Glen Ivy Spa in Corona. Grab a swimsuit and relax in the spa's therapeutic red clay mud bath. Since the mud tends to leave a stain behind, make sure it's an old suit, but odds are you'll feel so tranquil by the end of the day that even that won't matter. Used since ancient times, the clay has been known to help your skin by absorbing impurities, freeing dead cells, and tightening and revitalizing. Plus, you'll get the chance to re-experience those childhood days when playing in the mud was nothing to be embarrassed about. After being coated all over, dry out in the sun or the spa's special drying chamber, Wafa. Once it dries out, most of the mud can be flaked away and the rest washes off easily. But that's just one way to enjoy the spa's 11 lavish acres. Once you dry off, sneak off to the Grotto, Glen Ivy's underground cavern, for a one-of-a-kind, four-step moisture treatment, or head Under the Oaks for an intense massage, whether it's a traditional Swedish massage or the spa's special treatment that involves Temescal stones. See www.glenivy.com.

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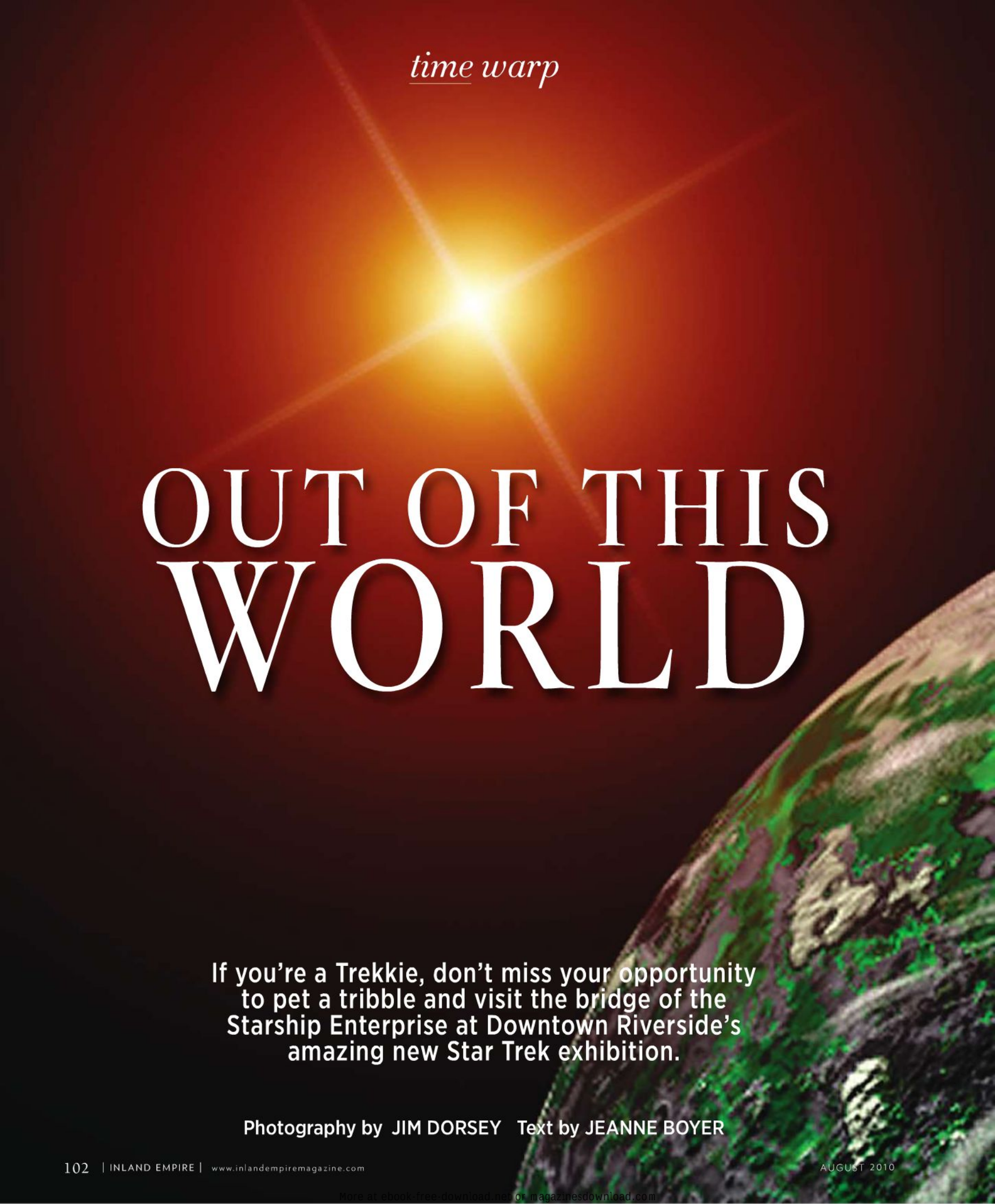
OUT OF THIS WORLD



If you're a Trekkie, don't miss your opportunity to pet a tribble and visit the bridge of the Starship Enterprise at Downtown Riverside's amazing new Star Trek exhibition.

Photography by JIM DORSEY Text by JEANNE BOYER

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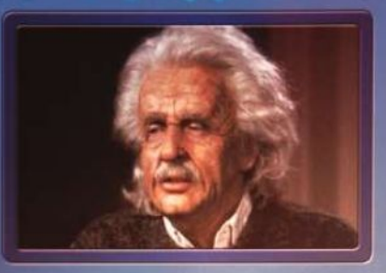

Adventures in Time

Some of *Star Trek*'s most compelling stories have been voyages into the past or the future. Scientists are skeptical of whether back-and-forth time travel will ever be possible, but theoretical physicists have offered intriguing glimpses into a few possibilities.

Einstein's theory of relativity shows that accelerating to extremely high speeds—close to the speed of light—results in a phenomenon called time dilation. Clocks on a spaceship moving at such extreme speeds appear to move more slowly than clocks that are stationary. An astronaut on such a spaceship would be able to travel into the distant future, but not into the past.

Others have theorized that a wormhole in space might make it possible to travel backwards in time, although one could not go further back than the origin of the wormhole. Also, the powerful gravity that forms a wormhole would probably destroy any would-be time travelers by shredding them into subatomic particles. Of course, *Star Trek*'s writers never let this stand in the way of telling great stories!

By the way, Albert Einstein actually appeared on *Star Trek*. Sort of. Actor Jim Morton played a holographic replica of the great scientist in two episodes of *Star Trek: The Next Generation*. In one episode, Morton's Einstein even played poker with Data and the real Professor Steven Hawking!

YOU'LL HEAR PHRASES LIKE "BEAM ME UP, SCOTTY!" AND "TAKE IT TO warp speed!" as you cruise through Star Trek The Exhibition: Where Science Meets Science Fiction, now on display in downtown Riverside at the Metropolitan Showcase, 3800 Main St. (at University Avenue).

The remarks could be coming from various screens that dot the exhibit, playing TV and movie excerpts, or from one of your fellow visitors repeating favorite expressions from the popular show.

You can see photos and costumes of some of the actors who have been part of Star Trek, including William Shatner, Patrick Stewart, Kate Mulgrew and Whoopi Goldberg.

You'll also meet representations of various civilizations encountered by crews of the Starship Enterprise: Klingons, Vulcans, Romulans, El Aurian, Ferengi, Cardassians, Jem'Hadar, and the Borg Collective.

Get an up-close look at phasers—those coveted weapons that could stun or blast enemies instantly. Test your knowledge with a Star Trek trivia game. Pet a tribble—one of those deceptively cute and fuzzy creatures that almost overran the Starship Enterprise in one episode.

If you can't keep all the shows and movies straight, don't worry. Charts provide character lists, timelines and plot summaries for the various Star Trek voyages.

The original Star Trek series debuted on NBC in 1966, the brainchild of Gene Roddenberry. Canceled after three seasons, it later moved to syndication and continued to "live long and prosper," as Spock would say. With a racially diverse crew and women like Lt. Uhura (Nichelle Nichols) in positions of authority, the 1960s show presented Roddenberry's idealistic vision of the future. Commanders grappled with ethical issues about

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PREVIOUS PAGE: Left, the uniform of Capt. Jean-Luc Picard of "Star Trek: The Next Generation"; Right, a plaque linking the science of "Star Trek" to real life science. This page, above, Capt. James T. Kirk (William Shatner); at right, the engineering room; Lower Right, tribbles from "The Trouble with Tribbles" episode which debuted in 1967.

harming innocent civilians and changing the course of history as they dealt with threats from outside the Federation.

Besides the fun glimpse at gadgets and costumes, the exhibit also explains why certain Star Trek concepts like warp speed, phasers, transporters and cloaking devices may or may not work in real life.

The early Star Trek communication devices now bear uncanny resemblances to current cell phones. As the exhibit notes, the show's writers scrambled to stay ahead of real-life science, while also providing inspiration for engineers and scientists.

Part of the exhibit displays a TV set of the Enterprise medical bay, where crew members and aliens are taken after experiencing those strange maladies and mishaps that seem all too common in space.

Plus you can visit the bridge of the Starship Enterprise, and for an out-of-this-world thrill, have your photo taken in the captain's chair inhabited by leaders like Capt. James T. Kirk and Capt. Jean-Luc Picard. At $24.95, the price may seem sky-high, but think how the shot will look on your Facebook page.

Other souvenirs include $33 T-shirts, $18 Starfleet Combadges, and your very own tribble for $22.

Special events with guest speakers are planned during the exhibit, which runs through February 2011. Check with Riverside Metropolitan Museum, (951) 826-5273 or riversideca.gov/museum for Starfleet updates. Star Trek films are being shown at the Fox Performing Arts Center.

Exhibit and gift shop hours are noon to 8 p.m. daily, except Thanksgiving, Christmas, and New Year's Day. Purchase tickets at the door. Admission is $15, $12 children and seniors (65-plus).

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Advance Your Career with an M.B.A. for Executives.

New Cohort forming for January 2011 Ontario, California

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Program features include:

- **Nationally recognized faculty**
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- **Convenient Ontario, California, location**
- **Attend classes on Wednesday nights and every other Saturday**
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Attend an Information Session

August 11	**6 – 7 p.m.**	**Ontario**
September 15	**6 – 7 p.m.**	**Chino**
October 20	**6 – 7 p.m.**	**Riverside**
November 10	**6 – 7 p.m.**	**Ontario**

A new cohort is forming now for January 2011 in Ontario, California. Reserve your seat at an upcoming M.B.A. for Executives Information Session that will provide a program overview, application deadlines and financial aid availability. To RSVP, call (909) 537-5981 or E-mail cel@csusb.edu.

"After investigating other options, CSUSB's M.B.A. for Executives program was obviously the best choice for me. The accelerated format and off-campus location are what made earning my degree possible because my work schedule didn't allow me to take classes at the Cal State campus. Learning new methodologies and the latest business concepts has made me more effective in my job. If you're thinking of getting your M.B.A., I encourage you to check out CSUSB's M.B.A. for Executives program."

Robert Corona,
College of Business and Public Administration M.B.A. for Executives Graduate, Class of 2009, and Director, Center for International Trade Development, Riverside Community College District

It's time to invest in yourself with California State University, San Bernardino. For more information, E-mail *cel@csusb.edu*, call (909) 537-5981, or go to:

http://cel.csusb.edu/mbaforexecs.html

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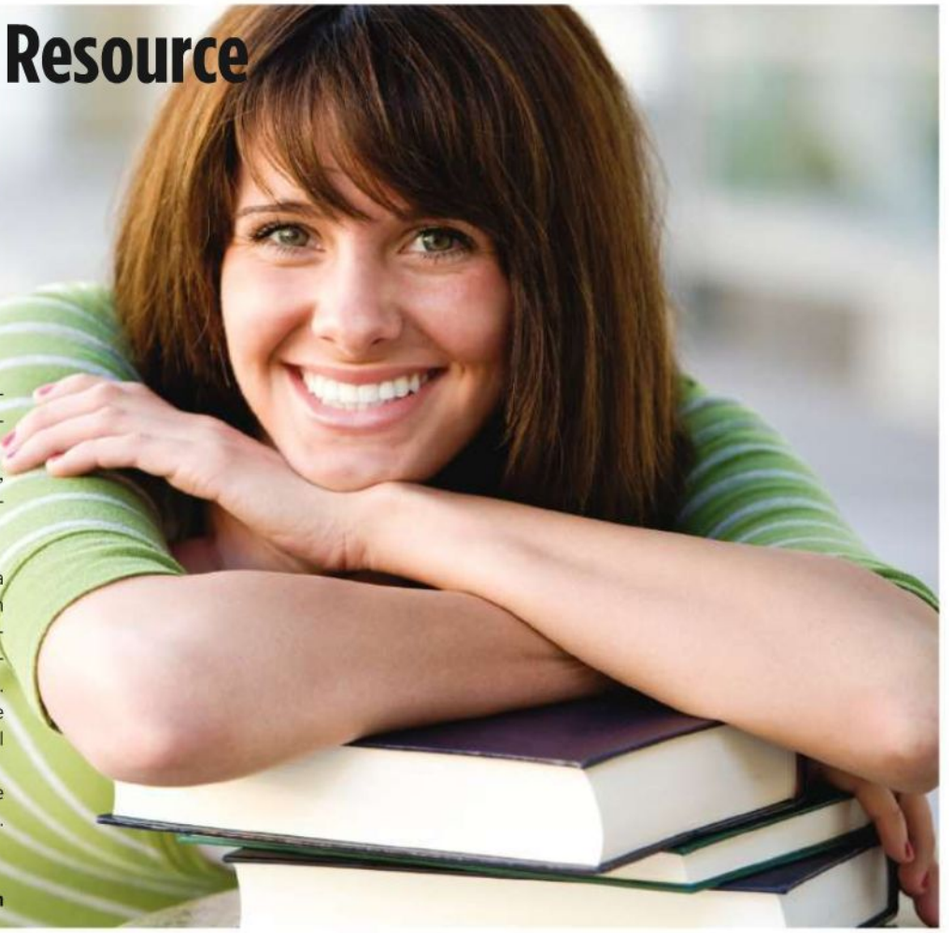

Whether you are attending college for the first time or already have a degree and want additional training, the Inland Empire has educational programs for you.

Following is a guide to institutions of higher learning, as well as schools and resources to help teens and children be on the road to educational success.

The **University of California, Riverside,** is launching a medical school, scheduled to open in 2012. Founded in 1907 as the Citrus Experiment Station, the campus maintains a strong emphasis on science. Undergraduate research is one of the cornerstones of UCR's academics. Faculty members from every discipline work side-by-side with students performing science experiments, agricultural field studies and political science surveys.

The undergraduate business program is part of the School of Business Administration, which also includes the A. Gary Anderson Graduate School of Management.

Aspiring teachers may want to consider **Cal State San**

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Financial Aid is available to those who qualify. Degree programs, delivery options, and start dates vary by campus. Argosy University is accredited by the Higher Learning Commission and a member of the North Central Association (30 North LaSalle Street, Suite 2400, Chicago, IL 60602, 1.800.621.7440, www.ncahlc.org).

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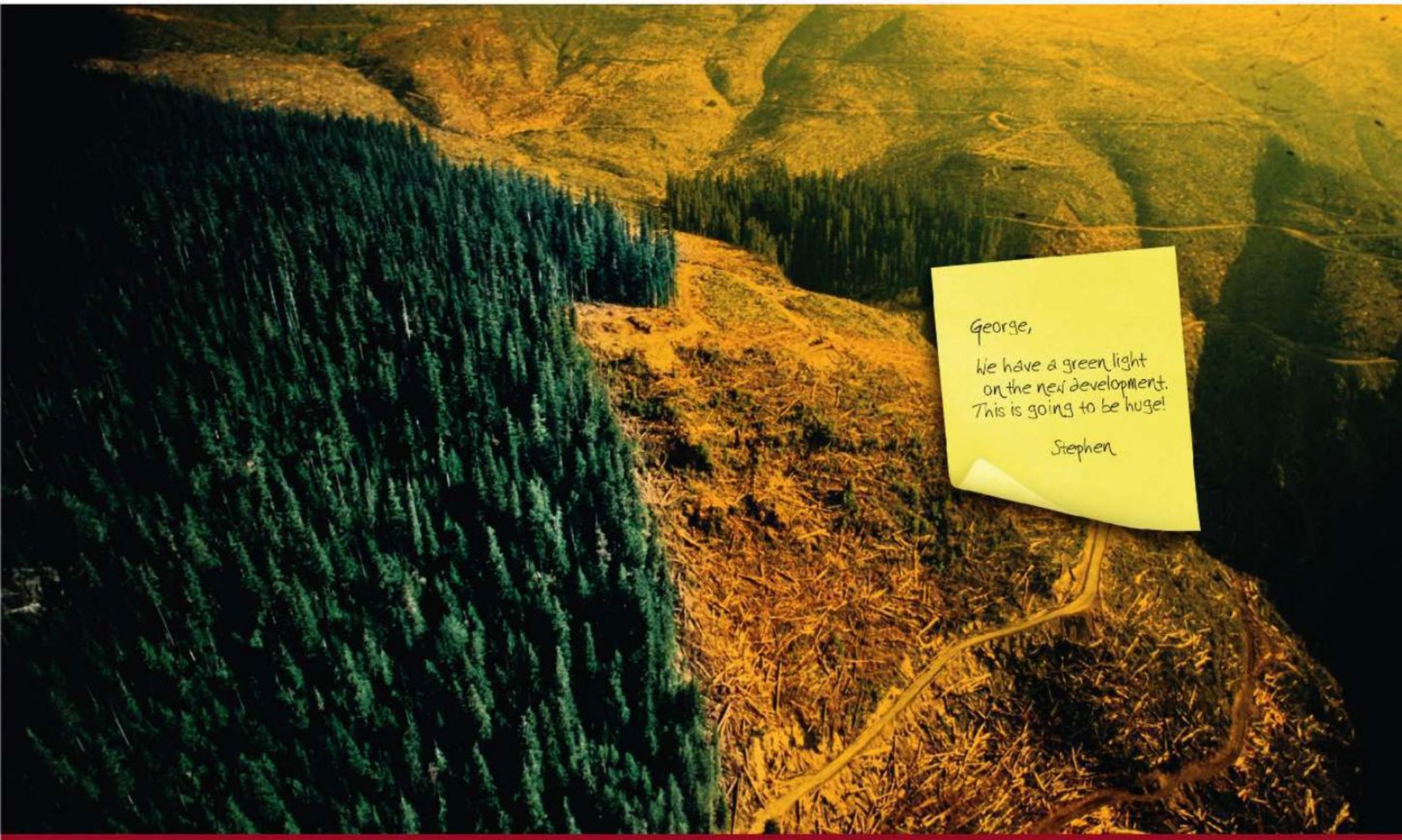

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An increasing number of families are considering alternatives to traditional classroom-based instruction for meeting the learning needs of their students. The Riverside Virtual School (RVS) supports parental choice, while providing access to a rigorous, standards-based, college preparatory curriculum in grades 6 - 12. The unique blended learning environment experienced by RVS students also provides opportunities for experiential school activities, links to institutions of higher learning, community-based mentoring programs, and support for course acceleration and remediation.

The Riverside Virtual School is a fully accredited, tuition-free, public school, within the Riverside Unified School District, which offers high-quality, interactive online classes for students.

- Each teacher is credentialed and highly qualified in their content area.
- Curricular and technical support is provided to parents and students.
- Individualized courses of study match the learning style of each student.
- Advanced Placement courses developed by the University of California College Prep Program (UCCP).

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Bernardino, which boasts one of the largest teacher training programs in the nation. Ninety-five percent of students who earn their credentials are employed full time in the education field within a year.

An MBA in entrepreneurship is one of Cal State's business school offerings.

Beginning in January 2011, California State University, San Bernardino (CSUSB) will offer an accelerated **MBA for Executives** program in Ontario. Executives, entrepreneurs and managers will receive a real-world learning experience taught by nationally recognized faculty from CSUSB's College of Business and Public Administration. Complete your MBA in just 18 months by attending classes one evening a week (Wednesday) and every other Saturday.

Reserve your seat at an upcoming MBA for Executives Information Session (see ad on page 106 for dates, times and locations) where admission criteria, application deadlines, and financial aid availability will be covered.

It's time to invest in yourself with California State University, San Bernardino's MBA for Executives. For more information, email cel@csusb.edu, call (909) 537-5981, or go to http://cel.csusb.edu/mbaforexecs.html

At **Cal Poly Pomona,** students enrolled in the agriculture program work with plants and animals and learn how to manage businesses related to the agricultural industry. Cal Poly's civil engineering program is one of the largest in the country. At the Collins College of Hospitality Management, students prepare for careers in hotel and restaurant management.

Located in northern San Diego County, **Cal State University, San Marcos** is celebrating 20 years of serving the counties of Riverside, Orange, and San Diego. One of the youngest of the 23 California State University campuses, CSUSM has made a name for itself as a campus that is blazing a new trail in providing hands-on education relevant to our global and technology-rich society.

At **CSUSM's new off campus center in Temecula**, students experience an intimate atmosphere where they get to know fellow classmates and professors. Offering a state-of-the-art facility with smart technology in every teaching space, CSUSM Temecula brings to the region relevant and innovative degree programs, career development opportunities, and lifelong learning courses. All offered programs and classes reflect the excellent reputation of CSUSM, an institution committed to high academic standards and to creating programs that are relevant to the needs of the region.

There is a growing range of programs to choose from at CSUSM Temecula. High school students can take advantage of the SAT test preparation courses. For those interested in business and professional development there are certificate programs in Human Resources and Supervision and Management. For healthcare professionals, a range of degree programs are available including an Accelerated Bachelor's of Science (BS) in Nursing, a BS in Kinesiology, and Master's of Science in Nursing. There is even something for mature "lifelong" learners through the Osher Lifelong Learning Institute (OLLI), where there are no tests, quizzes, or grades—members of OLLI come to class simply to experience the "joy of learning."

For information, see www.csusm.edu/el/temecula.

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Led by faculty with business-world experience, our bachelor's and master's degree programs in business administration are designed to meet the needs of both students and employers. Available fully online and at select campuses with integrated online components, Brandman University's business programs combine flexibility with the rich academic legacy of Chapman University.

To find out more, visit **brandman.edu/business** or call **800-581-4100**.

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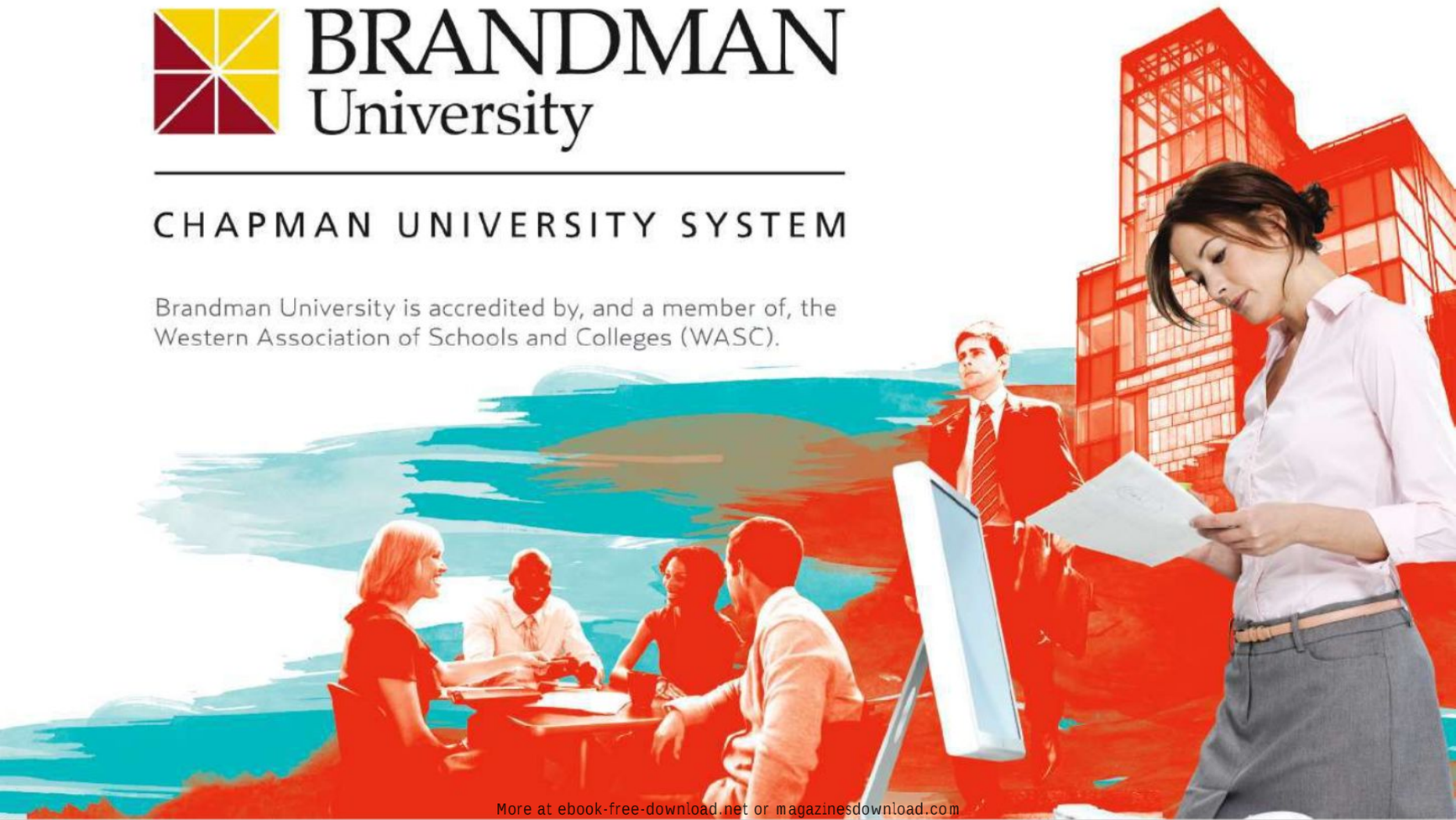

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EDUCATION

At the **University of Redlands,** the Johnston Center for Integrative Studies offers an innovative approach where students can design their own majors, and many include international travel as part of their research project.

UR is also known for its music program, and has earned national recognition for its requirement that all students complete an approved community service project. The school recently added a minor in human-animal studies for students seeking careers working with animals.

The **University of La Verne** is perhaps best known for its education program. Approximately 25 percent of the state's public school superintendents with doctorates have earned them here.

ULV also has an American Bar Association-accredited law school.

The nationally accredited Athletic Training Education Program has been preparing students in athletic injury care, prevention, rehabilitation and management services since 1989.

ULV now has online and accelerated undergraduate programs available.

The **Claremont Colleges** are a consortium of five undergraduate colleges and two graduate institutions. Each of the colleges is highly selective, accepting fewer than 50 percent of students who apply.

Pomona College is the oldest and largest of the Claremont Colleges. Critical thinking and writing are emphasized in all academic areas, and the college provides ample opportunities for undergraduate research.

Scripps College is the only women's college in the Inland Empire and among the top in the nation. The college's three-semester Core Curriculum in Interdisciplinary Humanities is the college's signature academic offering, and is designed to teach students how to think critically and challenge assumptions.

Pitzer College is regarded as one of America's most inventive colleges. It offers rigorous academic experience with sustained community outreach, comprehensive international opportunities and a broad commitment to sustainability.

Coursework at **Claremont McKenna College** is designed to prepare students as leaders in economics, business, finance, law and government. More than 70 percent of graduates move on to graduate and professional schools for advanced degrees.

Harvey Mudd College is one of the leading math, science and engineering colleges in the nation. Juniors and seniors work for corporate clients on real-world problems as part of the Clinic Program.

Claremont Graduate University is devoted entirely to graduate-level education. Here, amid a small town New England-style setting, students can earn master's and doctoral degrees in more than 30 disciplines. Areas of study range from Applied Mathematics to Applied Psychology, Arts & Humanities, Botany, Community & Global Health, Educational Studies, Information Systems & Technology, Management (Drucker School), Politics & Economics, and Religion. In addition, the cooperative relationship with the renowned adjacent Claremont Colleges provides access to a broader array of faculty and resources, such as libraries, cafeterias, and sports facilities. The school offers excellent programs, expert faculty, a vibrant research community,

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and a commitment to applied knowledge in an intimate setting of natural beauty and collegiality. In particular, CGU emphasizes a transdisciplinary approach to education, encouraging students to pursue research interests from diverse academic perspectives in order to address issues and solve problems through the dynamic synthesis of a wide body of knowledge. Visit www.cgu.edu or call (909) 607-3689 to schedule a personal tour.

Keck Graduate Institute focuses on education and research aimed at translating into practice the potential of the life sciences.

California Baptist University is a private Christian liberal arts college in Riverside founded by the California Southern Baptist Convention to combine academics with spiritual training and learning.

Loma Linda University is a Seventh-day Adventist owned and operated institution. Even so, about 45 percent of its students are from other religious backgrounds. While the university is best known for its medicine and dentistry programs, it also has schools of nursing, allied health professions, science and technology, pharmacy and public health.

Service is part of **La Sierra University's** global mission as a Seventh-day Adventist institution of higher education. All freshmen and transferring sophomores at La Sierra in Riverside must complete three academic service learning courses before graduation. Several certificate and graduate programs are offered online.

Western University of Health Sciences, a graduate-only institution in Pomona, continues to expand its offerings. Students can train to be doctors, dentists, optometrists, pharmacists, physical therapists, medical researchers, nurses, physician assistants, or veterinarians. Western offers extensive clinical experience, in part through its Patient Care Center.

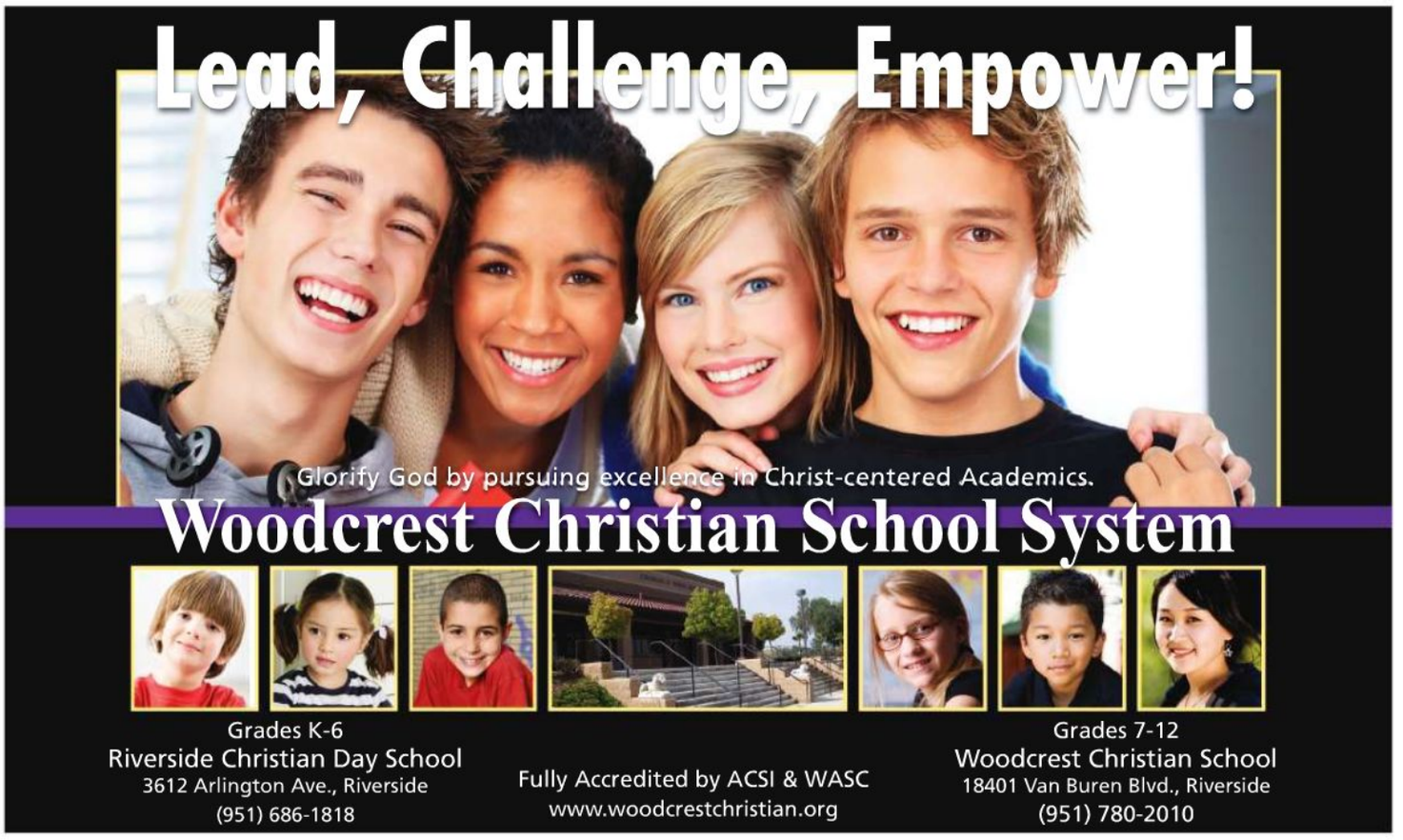
Built on Chapman University's century-and-a-half legacy of academic excellence, **Brandman University**, formerly Chapman University College, is a separate, fully accredited university established to provide a quality education to working adults—online and at 26 campuses throughout California and Washington. Brandman's newer, bigger and better **Ontario campus** offers bachelor's and master's degrees, credential, certificate and extended education programs in a variety of disciplines including education, leadership and psychology. Brandman University is part of the Chapman University System. For information on the Ontario campus, visit www.brandman.edu/ontario.

Brandman University is introducing Business Programs. Led by faculty with business-world experience, our bachelor's and master's degree programs in business administration are designed to meet the needs of both students and employers. Available at the **Moreno Valley and Temecula** campuses with integrated online components and available fully online, Brandman University's business programs combine flexibility with the rich academic legacy of Chapman University. To find out more, call (951) 697-0111 or visit www.brandman.edu.

The **Art Institute of California–Inland Empire** is located in San Bernardino. The private, liberal arts college offers a wide range of Associate's and Bachelor's degrees in creative and artistic disciplines. Degrees are offered in graphic design, media arts & animation, interior design, game art & design, Web design & interactive media, fashion design, and fashion & retail management. The Art Institute also operates The International Culinary School, which offers Associate's degrees in culinary arts, baking & pastry, and a Bachelor's of Science in culinary management. The campus is located at 630 E. Brier Drive, San Bernardino. To arrange a tour or learn more, call (909) 915-2100 or see www.artinstitutes.edu/inlandempire.

Mt. San Jacinto College is one of the 110 community colleges that are part of California's system of two-year public colleges. MSJC currently serves more than 26,000 students a year in a 1,700-square-mile area that stretches from the San Gorgonio Pass to Temecula and from Lake Elsinore to the San Jacinto Mountain communities.

MSJC is a comprehensive community college that offers courses and programs that satisfy the transfer



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requirements of four-year colleges and universities. The college also provides a variety of vocational and technical programs to prepare students for rewarding careers. Basic Skills and English as a Second Language (ESL) training programs are designed for students who want to build a strong foundation and ensure academic success. Continuing Education programs and classes help lifelong learners and those seeking personal enrichment. The college offers associate degrees in 55 disciplines, 35 certificates, and 97 employment concentration certificates.

MSJC has campuses in Menifee and San Jacinto, the Temecula Education Complex in Temecula, the San Gorgonio Pass Service Center in Banning and offers a host of classes in locations throughout its District.

For more information, visit www.msjc.edu.

First opened in 1916 on the site of what was previously Riverside's Polytechnic High School, **Riverside City College**, part of the Riverside Community College District, has become one of the most dynamic and diverse colleges in the region. It is also one of the leading community colleges in California and is recognized as a landmark in downtown Riverside.

Students are offered a range of options to help them prepare to enter the workforce, including associate's degree programs, transfer to a four-year college or university, or career certificates, and the college is home to strong programs in liberal arts, science, performing arts, nursing and athletics. Educational courses are offered in a variety of subjects including international studies, which provides students with the tools to prepare for jobs overseas, work with associates in other countries and build a general understanding of their customs and practices.

Riverside City College serves over 19,000 students every semester, but maintains moderate class sizes and provides affordable, but high quality education. Students can take advantage of additional tutorial and supplemental instruction, pre-college courses, transfer programs, career preparation, and technical programs.

Information: (951) 222-8000 or www.rcc.edu

School of Holistic Touch is an owner/operated school that specializes in Massage Therapy. You can become a State Certified Massage Therapist with the school's 500 hour program. Classes are offered on an individual basis and are paid for as you take them. The program allows you to complete your education in a manner convenient for you. School of Holistic Touch has an excellent reputation in the massage therapy field, and students are in demand upon graduation. For more information, call (909) 989-8200 or visit the Web site at schoolofholistictouch.com

YOUTH & CHILDREN

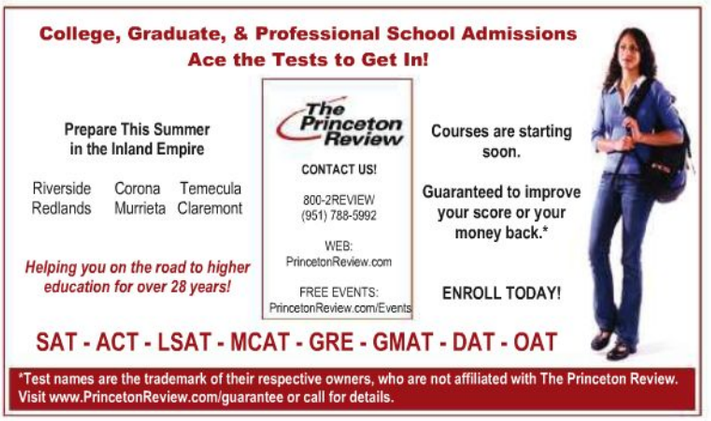
Notre Dame High School is an excellent Catholic High School providing students many opportunities to succeed spiritually, academically, physically and emotionally. Notre Dame is accredited through the Western Association of Schools and Colleges (WASC) and is well-respected among colleges and universities. We are often told that the school has prepared students well for the rigors of college and university study. Traditionally, 99% of our graduates attend a two or four-year college.

A permeating tradition is our Catholic identity. The school has religion classes in all grade levels, holds student retreats, Days of Recollections, liturgies, chapel prayers and liturgies. Students may elect to train as peer ministers to help their fellow students. We welcome students of all faiths and our goal is to assist everyone to grow in faith and spirituality.

Notre Dame's students achieve in extra-curricular activities. Traditionally, students may participate in boys' and girls' athletics. As a member of CIF, students have a wide range of athletics from which to choose. Many teams make CIF playoffs and go on to win championships. Our Cheer Squad is also an award-winning opportunity for students. Drama, musical productions, student government, and clubs add to the variety of activities available to students.

For information, call (951) 275-5896 or visit www.ndhsriverside.org

Riverside Virtual School (RVS) is a fully-accredited, tuition-free public school that offers high-quality, interactive online classes for middle and high school students in Southern California. It is the mission of RVS



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to provide a rigorous, college-preparatory online school program that meets the needs of 21st century learners; preparing graduates for successful careers in a competitive global marketplace. This includes opportunities for accelerated learning, access to a wide range of Advanced Placement courses, and courses designed to support credit recovery.

An increasing number of families are considering alternatives to traditional classroom-based instruction for meeting the learning needs of their students. RVS supports parental choice, while providing access to a rigorous, standards-based, college preparatory curriculum in grades 6–12. The unique blended learning environment experienced by Riverside Virtual School students also provides access to experiential school activities such as fine and performing arts programs, school-based athletics, links to institutions of higher learning, and community mentor programs.

Any student who lives within Riverside, San Bernardino, Orange, Imperial, or San Diego counties may apply to enroll in the program. Call the Riverside Virtual School at (951) 276-2006 to determine how we can support your student's individual learning needs.

Woodcrest Christian School System. The mission of Riverside Christian Day School and Woodcrest Christian School is to glorify God by pursuing excellence in Christ-centered academics. We proclaim Him, admonishing every man and teaching every man with all wisdom, so that we may present every man complete in Christ. School objectives: Lead students and their families to faith in Jesus Christ for salvation and daily living. Challenge every believer to obey God's Word for growth in Godly wisdom and Christ-like character. Empower believers by the Holy Spirit to change the world by using their God-given gifts and talents. WCSS results: Graduates will demonstrate Christ-centered: Wisdom, Character, Stewardship and Service. Woodcrest Christian School System is fully accredited by ACSI and WASC.

Riverside Christian Day School (grades Kindergarten-6th) is at 3612 Arlington Ave., Riverside, (951) 686-1818; and Woodcrest Christian School (grades 7th–12th) is at 18401 Van Buren Blvd., Riverside, (951) 780-2010. Visit www.woodcrestchristian.org.

Western Christian Schools has established a legacy of excellence in Christian education since 1920. Preschool through high school is offered, as well as an independent study program option and well-rounded extra curricular program with a variety of sports. Most students are accepted to the college of their choice. Students achieve academic excellence because the emphasis is on the whole child—spiritually, academically, socially, and emotionally.

Vsit the Web site at www.westernchristian.org, or call (909) 624-8291 (Pre-K–8th, Claremont) or (626) 967-0733 (high school, Covina campus).

The Princeton Review has been helping students on the road to higher education for over 25 years. College, graduate and professional school admissions—ace the tests to get in. Call 1-800-2REVIEW or (951) 788-5992 or visit PrincetonReview.com.

At Miles of Smiles Preschool & Education Center, the goal for each child is elementary school readiness. This is achieved in our warm, safe, nurturing environment where play is the purpose for social/emotional development. We also offer a creative, fun environment for school-age children, providing care before and after school, with transportation to some local elementary schools. We also provide care when your child in not in school. We will assist your child with his or her homework. For information, call (909) 890-1022.

ABC Child Care and Village has earned the honor of being recognized as an NACCP accredited center. What makes ABC different? Unique hours of operation, including evenings and Saturdays; infant to school age; low teacher/child ratio; private kindergarten; before and after school care for ages 5 to 12; mildly ill care (Chicken Soup Room); several age appropriate play yards, and a large multi-purpose room. Finally finding a child care center that meets all the needs of children and their families is as easy as ABC.

ABC Child Care Center is located at 29705 Solana Way, Temecula, (951) 699-5251; and ABC Child Care Village is at 40045 Village Road, Temecula, (951) 491-0940. For more information, visit www.abccares.com.

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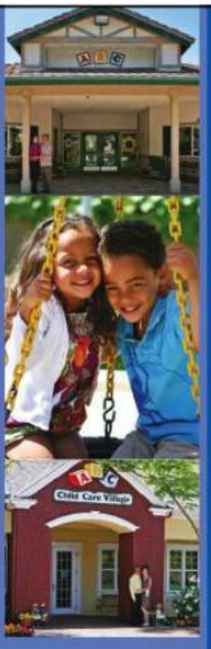

ABC

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- Private Kindergarten
- Low Teacher/Child Ratio
- Several Age Appropriate Play yards
- Large Multi-purpose Room
- Mildly Ill Care Room with School Nurse
- Unique Hours of Operation, including evenings and Saturdays
- Before & After School Programs
- Well trained, Caring, Enthusiastic Friendly Staff

ABC Child Care Village
Lic #334814893
(951) 491-0940
40045 Village Rd., Temecula

ABC Child Care Center
Lic #334803016
(951) 699-5251
East of I-15
29705 Solana Way, Temecula

www.abccares.com

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AUGUST 2010

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Women's Resource Guide

HEALTHCARE
FITNESS • BEAUTY

+ Procedures to Give Mom a Lift

SUPPLEMENT TO

INLAND EMPIRE

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Women's Resource Guide:

I.E. Sources to Help You Look and Feel Your Best

Whether you are looking for health screenings, a cosmetic surgery procedure, or just a relaxing facial or massage, it's helpful to know who does what in the Inland Empire. The following services are available locally to help you look and feel your best.

Care for Women's Medical Group was founded on the fundamental principles that women deserve to have an OB/GYN dedicated to providing care and compassionate service in an efficient and innovative manner. We are able to provide obstetrical care that is personal and interactive, along with incorporating the latest in gynecological services, including relatively exclusive minimally invasive surgical options. Our goal is to empower women with choices, and to offer multiple solutions to address their concerns. As a community leader in women's health education, we offer lectures and web-based educational seminars, because we believe education is the key to healthy living. We pride ourselves on maintaining the highest standard of care through advanced education and the very latest in surgical training.

In years to come, minimally invasive surgery will become the standard for most gynecological procedures and surgeries, and this is why we continue to be leaders in these techniques. Our outpatient treatment for incontinence and heavy menstrual bleeding have become the standard of care, and now we offer robotically assisted hysterectomy—truly remarkable! These are options that we believe women deserve, and our board certified physicians are excited about offering these options to our patients.

For more information, call (909) 579-0806, (909) 355-7855, or visit www.careforwmg.com.

Fighting Breast Cancer at Riverside Community Hospital. "Winning the fight, before the battle begins... Early detection is the first punch in fighting breast cancer."

One in eight women will get breast cancer in her lifetime. Although these statistics sound alarming, through annual mammograms you can minimize your risk. Proactive steps can dramatically increase your chances of early detection and may even save your life.

At Riverside Community Hospital's Breast Imaging Center, helping women detect early signs of breast cancer is the first punch in fighting and preventing the disease.

The Breast Imaging Center is committed to providing the best state-of-the-art technology and care available. Our center provides every woman with a digital mammography that includes the MammoPad® breast cushion for a more relaxing, comfortable and softer mam-

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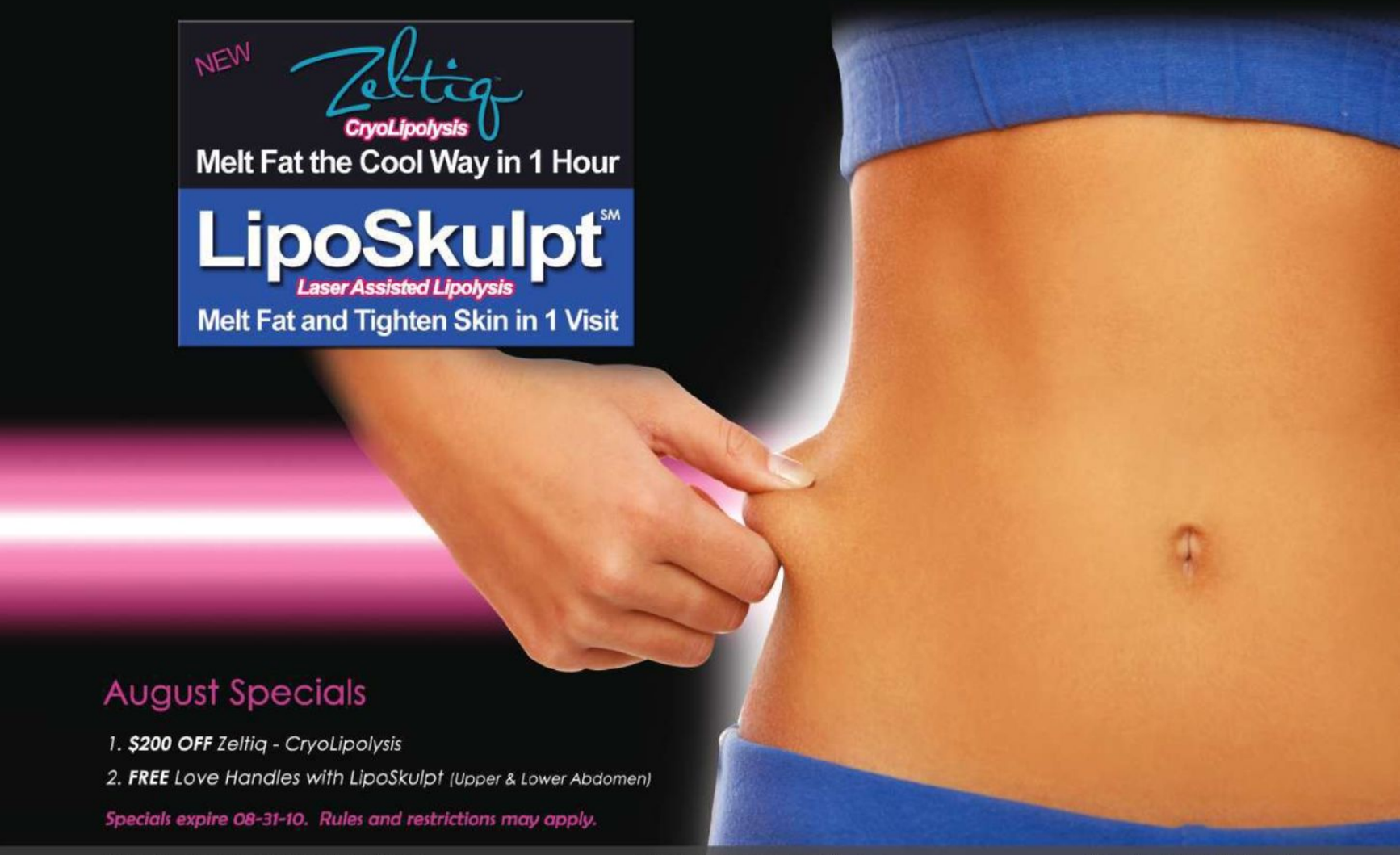
LipoSkulpt℠

Laser Assisted Lipolysis

Melt Fat and Tighten Skin in 1 Visit



August Specials

1. **$200 OFF** Zeltiq - CryoLipolysis
2. **FREE** Love Handles with LipoSkulpt (Upper & Lower Abdomen)

Specials expire 08-31-10. Rules and restrictions may apply.

No Interest Financing | Free Consultations | Se Habla Español

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- Non-surgical Eyelid Lift
- Botox® / Dysport™
- Restylane® / Juvéderm®
- Perlane®
- Radiesse®
- Sculptra® Aesthetic
- Excessive Perspiration

- LipoSkulpt℠
- Thermage® CPT *Skin Tightening*
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- Power Plate *Fitness*
- Weight Loss / Bioidentical Hormones

- Laser Center
  - Fraxel® re:store / (CO_2)
  - Hair Loss / Restoration
  - Face / Leg Veins
  - Hair Removal
  - Acne / Scars
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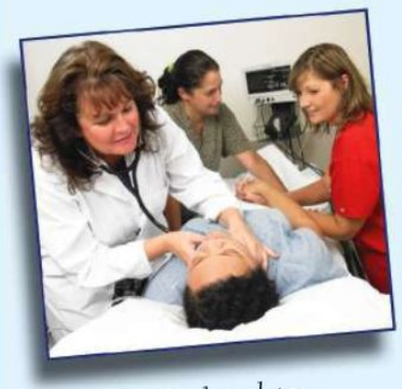

Beaver Medical Group's Banning Urgent Care Center has moved and is now the *Loma Linda University - Beaver Urgent Care*. Receive quality care from the Beaver physicians you know and trust at this new location!

Call ahead to reduce your wait time!

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mogram experience.

Services offered at the Breast Imaging Center include: board certified radiologist, digital mammography, stereotactic and ultrasound guided breast biopsy, MRI services, diagnostic and interventional radiology services, and nuclear medicine.

Call today to schedule your annual mammogram at Riverside Community Hospital's Breast Imaging Center: (951) 276-7550. Need to find a physician or get answers to your health questions? Call (951) 788-3463. For more information, see www.riversidecommunityhospital.com.

GrapeSeed Spa Offers All-New HydraFacial. Imagine giving your face back its youth-like skin in just one visit—we're talking long-lasting results with no pain or down time.

While there are a lot of products out there claiming to do this, most have minimal, if any, immediate impact; that is, until now. Introducing the GrapeSeed Spa's all-new HydraFacial™, acclaimed as the most popular non-invasive, age-defying skin procedure in aesthetic practices around the world. South Coast Winery Resort's spa is the only resort spa in Southern California to offer it. Patients see immediate results—similar to Botox and Micro-dermabrasion—yet without the pain or the high price points.

Why? The expert therapists at South Coast's GrapeSeed Spa know healthy and youthful skin need not be expensive. Through specialty treatments, like the HydraFacial, by the specially trained GrapeSeed Spa skin care professionals, you too can repair your skin that may be damaged by the sun, or watch any scars fade into nothingness and witness your body's natural collagen elasticity significantly improve—naturally, painlessly, and inexpensively—without surgery and injectibles. Through the month of August, the GrapeSeed Spa is offering complimentary consultations Sundays through Fridays. Call South Coast Winery's GrapeSeed Spa today at 1- 866-994-6379 to reserve your one-on-one appointment.

Western University of Health Sciences' New Patient Care Center. Conveniently located on Second Street off of Towne Avenue in Pomona, the Western University of Health Sciences' new Patient Care Center is a place where you can experience a wide range of healthcare services and personalized education on your healthcare needs. With the goal of guiding you toward Optimum Health & Wellness, the Patient Care Center provides:

Pharmacy: Full service prescription and non-prescription medications and products; consultations and compounding services with a focus on improving your health and wellness.

Eye Care Center: A comprehensive approach to eye care with the latest equipment and tech-

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"The most rewarding part of my work is seeing my patients' happiness and renewed confidence."

Jacob Haiavy, M.D.
Fellowship-Trained
Cosmetic Surgeon

Dr. Jacob Haiavy is a Cosmetic Surgeon and Medical Director of Inland Cosmetic Surgery, the premier cosmetic surgery center in the Inland Empire. Dr. Haiavy is a fellowship trained Cosmetic Surgeon who has performed over 10,000 cosmetic procedures. Dr. Haiavy is dedicated to teaching other surgeons and is a clinical associate professor at the Loma Linda University, as well as director of a fellowship program to teach cosmetic surgery to other surgeons. Due to his outstanding achievements and contributions to the field of cosmetic surgery, he has been chosen to be a board examiner.

Dr. Haiavy specializes in minimally invasive techniques that allow for smaller incisions and a faster recovery. He is one of the most experienced surgeons in the country with the belly button breast augmentation procedure and has lectured and published articles on that procedure. He also specializes in endoscopic browlift, facelift and body contouring.

Dr. Haiavy and his caring staff are dedicated to providing their patients with the best possible care to help their patients achieve their desired goals and confidence. The quality of care that they give their patients is unsurpassed and evident based on their patient testimonials.

Inland Cosmetic Surgery has moved to a brand new, fully accredited, surgical facility in Rancho Cucamonga. They have teamed up with other experienced physicians to provide other services such as Laser Vein Surgery, Lap Band Procedure, Cosmetic Gynecological Surgery and Cosmetic Podiatry in their new state-of-the art facility. You can schedule a complimentary consultation with Dr. Haiavy by calling 909-987-0899. You can also view before and after pictures of cosmetic procedures performed by Dr. Haiavy, read and view previous patient testimonials or book a consultation on their website at www.inlandcosmetic.com.

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Dental Center: The ideal environment for dental students to deliver quality, comprehensive dental healthcare under the direct supervision of faculty. Patients of all ages are welcome.

For more information, see our ad in the Healthy Living Section or visit us on the web at: www.WesternuPCC.com

Coastal Plastic Surgeons has become a leading cosmetic surgery practice in San Diego and Riverside counties based on the skills and reputation of Dr. M.K. Batra and Dr. A. Camberos. Along with receiving ongoing professional accolades, they have recently been featured in the *LA Times* and the Oprah Winfrey Show for their outstanding work. Both Dr. Batra and Dr. Camberos are certified by the American Board of Plastic Surgery. They are well known for breast augmentation, doing over 300 breast cases a year, including revisional breast surgery. Their outcomes for body contouring, such as tummy tucks and liposuction, are some of the best in the country. Both surgeons are highly regarded for facial rejuvenation, with Dr. Batra featured in *People* magazine for facelifts, while Dr. Camberos is well known for his mini facelift technique. They have become one of the busiest centers for reconstructive surgery after massive weight loss, doing over 70 major body lifts, arm lifts and thigh lifts annually. Perhaps the greatest compliment to their practice is the ongoing referrals from happy patients and the doctors in the community. To see some of their outcomes, go to www.coastalplasticsurgeons.com or come in for a complimentary consultation.

9	4	8	5	3	2	1	6	7
7	6	5	1	8	9	3	4	2
1	3	2	7	4	6	8	5	9
6	8	7	2	5	1	4	9	3
4	5	9	3	6	8	7	2	1
2	1	3	9	7	4	6	8	5
3	9	6	8	1	5	2	7	4
8	2	1	4	9	7	5	3	6
5	7	4	6	2	3	9	1	8

Solution to Sudoku
(Puzzle appears on page 158)

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Meet 3 Patients Who Discovered the Beauty of Cosmetic Surgery through Dr. Stewart Wang

Presenting

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2. **Your surgeon must be on the cutting edge of technology and capable of utilizing the latest scientific innovations.** In addition to his superb surgical skills ranging from body contouring to facial rejuvenation, Dr. Wang employs one of the most diversified arrays of lasers and non-invasive procedures in the United States.

3. **A plastic surgeon should be compassionate and sensitive to patient needs and desires.** Angie, Celeste and Nancy are among many patients who continually comment on how well Dr. Wang listens and fully understands their objectives.

4. **Your surgeon should be capable of creating lasting, natural beauty.** Too many patients are disappointed by "plastic" short term results. Due to his diversified capabilities and artistic creativity, you can trust Dr. Wang to guide you in the right direction. Our patient satisfaction ranks among the highest in Southern California!

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Edward H. Park, M.D. and Robert H. Sorosky, M.D., F.A.C.S. Cosmetic plastic surgery and non-surgical skin and beauty enhancements. 1330 San Bernardino Road, Suite C, Upland. (909) 981-8985, **www.facenbody.com**

Stuart B. Kincaid, MD, FACS Cosmetic plastic surgery and non-surgical skin and beauty enhancements. 40963 Winchester Road, Temecula, (951) 695-9934 • 8929 University Center Lane, Suite 201, San Diego/La Jolla, (858) 450-4199, **www.SkincaidMD.com**

Wang Plastic Surgery Stewart Wang, MD, FACS. Cosmetic plastic surgery and non-surgical skin and beauty enhancements. 440 N. Mountain Ave., Suite 307, Upland. 1-888-360-6688, **www.wangplasticsurgery.com**

COSMETIC DENTISTRY

Margareta M. Gavrila, DDS Preventive, cosmetic, restorative dentistry. 13197 Central Ave., Suite 5, #202, Chino. (909) 628-3912, **www.GavrilaDDS.com**

Parul Mehta, DDS Family and cosmetic dentistry. 40975 Winchester Road, Temecula, (951) 296-1717; 1485 University Ave., Riverside, (951) 784-4441. **www.hi-techsmiles.com**

Mission Grove Dentistry Family and cosmetic dentistry. 285 E. Alessandro Blvd., Suite 7-D, Riverside. (951) 780-9800, **www.missiongrovedentist.com**

HAIR RESTORATION

Graff Technology Hair therapy, systems, extensions, wigs, products and health supplements. 4148 10th St., Riverside. (951) 781-9327, 1-800-303-HAIR, **www.grafftech.com**

Inland Empire Laser Hair Therapy Laser technology and treatments to reduce or stop hair loss and stimulate natural hair growth cycle. 4148 10th St., Riverside. 1-866-598-4244, **www.InlandEmpireLaserHairTherapy.com**

SALONS AND DAY SPAS

Allure Image Enhancement Laser, Skin and Body Shaping Center. Services include day spa treatments, hair salon, and a full range of skin and body treatments. 1113 Alta Ave., Suite 210, Upland. (909) 982-1074, **www.allureimage.com**

GrapeSeed Spa at South Coast Winery Resort and Spa in Temecula Wine Country. A complete menu of indulgent spa treatments. (951) 587-9463, **www.WineResort.com**

HairAJuku Salon Full service salon. 12365 Foothill Blvd., Suite 104, Rancho Cucamonga. (909) 463-3439, **www.haira jukusalon.com**

Lavish Hair Salon and Day Spa Full service hair salon and day spa, offering the latest sophisticated trends. 473 Alessandro Blvd., Suite B, Riverside. (951) 780-6008, **www.Lavishsds.com**

Sage The Spa at Morongo Casino, Resort and Spa. Skin care treatments, body massages, body therapies, wraps and scrubs, salon, spa packages. 49500 Seminole Drive, Cabazon. 1-877-SPA SAGE, **www.morongocasinoresort.com**

Spa Millennium Day spa services include massages, body scrubs, foot reflexology, aromatherapy, steam sauna and more. 10600 Magnolia Ave., Suite D, Riverside. (951) 688-8733, **www.spamillennium.com**

Spa Pechanga The Spa at Pechanga Resort and Casino. Services include massage therapy, body treatments, skin care, salon services, fitness center and packages. 45000 Pechanga Parkway, Temecula. (951) 770-8501 or (877) 711-2WIN, ext 8501. **www.pechanga.com**

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Allure Image Enhancement Laser, Skin and Body Shaping Center. Services include a full range of skin and body treatments and permanent and corrective makeup. 1113 Alta Ave., Suite 210, Upland. (909) 982-1074, **www.allureimage.com**

Bella Aesthetica MedSpa and Wellness Center Services include non-surgical cosmetic treatments for the face and body. 625 North Euclid Ave., Ontario. 1-877-6-BELLA-7, (909) 984-7500, **www.BellaAestheticaMedSpa.com**

Bella Sol Skin & Body Medical Center Services include non-surgical cosmetic treatments for the face and body. 13768 Roswell Ave., Suite 216 (Grandview Medical Plaza), Chino. (909) 590-1200.

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Community Hospital of San Bernardino Acute care hospital offering emergency care, acute inpatient care, long-term care and a comprehensive range of outpatient, ancillary and therapeutic services. **1805 Medical Center Dr., San Bernardino. (909) 887-6333, www.chsb.org**

Loma Linda University Children's Hospital Pediatric emergency department, care of complicated diseases, neonatal intensive care unit, care for infants who have undergone transplants, and premature babies who need the aid of special machines to help them develop. **11234 Anderson St., Loma Linda. 1-877-LLUMC-4U, www.lomalindakids.org**

Loma Linda University Medical Center World renowned medical center and level I regional trauma center. Services include International Heart Institute, Behavioral Medicine Center, Cancer Center/Proton Treatment Center, Center for Joint Replacement, transplantation program and rehabilitation. **11234 Anderson St., Loma Linda. 1-877-LLUMC-4U, www.lomalindahealth.org**

Pomona Valley Hospital Medical Center A 453-bed acute care hospital nationally recognized as a 100 Top Hospital. Services include 24/7 emergency department, the Robert and Beverly Lewis Family Cancer Care Center, the Stead Heart Center and the Women's Center. **1798 N. Garey Ave., Pomona. (909) 865-9500, www.pvhmc.org**

Redlands Community Hospital Acute care 205-bed hospital with 24-hour emergency department. **350 Terracina Blvd., Redlands. (909) 335-5500, www.redlandshospital.org**

Riverside Community Hospital Full service acute care hospital. Services include emergency/level II trauma center, intensive care unit, the HeartCare Institute, The Cancer Center, Family BIRTHplace, surgical services, orthopedic services, transplant services, Physical Medicine Center. **4445 Magnolia Ave., Riverside. (951) 788-3000. www.rchc.org**

San Antonio Community Hospital Acute care 279-bed hospital with 24-hour emergency department. Special medical services include the Heart Center and the Women's Breast & Imaging Center. **999 San Bernardino Road, Upland. (909) 985-2811, www.sach.org**

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St. Bernardine Partners for Health Care Reform

St. Bernardine Medical Center (SBMC) and its parent company, 40-hospital system Catholic Healthcare West (CHW), recently announced two major initiatives that put the hospital at the forefront of health care reform in the Inland Empire. In collaboration with its new partners, the San Bernardino hospital is taking a leadership role in defining and building innovative access to cost-effective, quality health care in the region. An exclusive relationship between SBMC, CHW, Riverside Medical Clinic (RMC) and March Healthcare Development (MHD) is focused on creating an integrated health care delivery system on the proposed March LifeCare Campus on the former March Air Force Base in Moreno Valley. The partners will begin by defining the futuristic "campus of tomorrow," which is expected to include ambulatory care facilities, medical office buildings, skilled nursing centers, assisted living residences, a retail village and a 150-bed acute care hospital to be built by CHW. With an obvious link to the March LifeCare Campus initiative, CHW and SBMC have also established a formal relationship with North American Medical Management of California, Inc. (NAMM)/ Prime Care. The partnership goal is to design a model for comprehensive integration of clinical services in the Inland Empire that will facilitate coordination and cooperation among area hospitals and physicians.

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Robert H. Ballard Rehabilitation Hospital Physical therapy, occupational therapy, stroke program, speech therapy, rehabilitation nursing, inpatient and outpatient therapies. **1760 West 16th St., San Bernardino. (909) 473-1305, www.ballardrehab.com**

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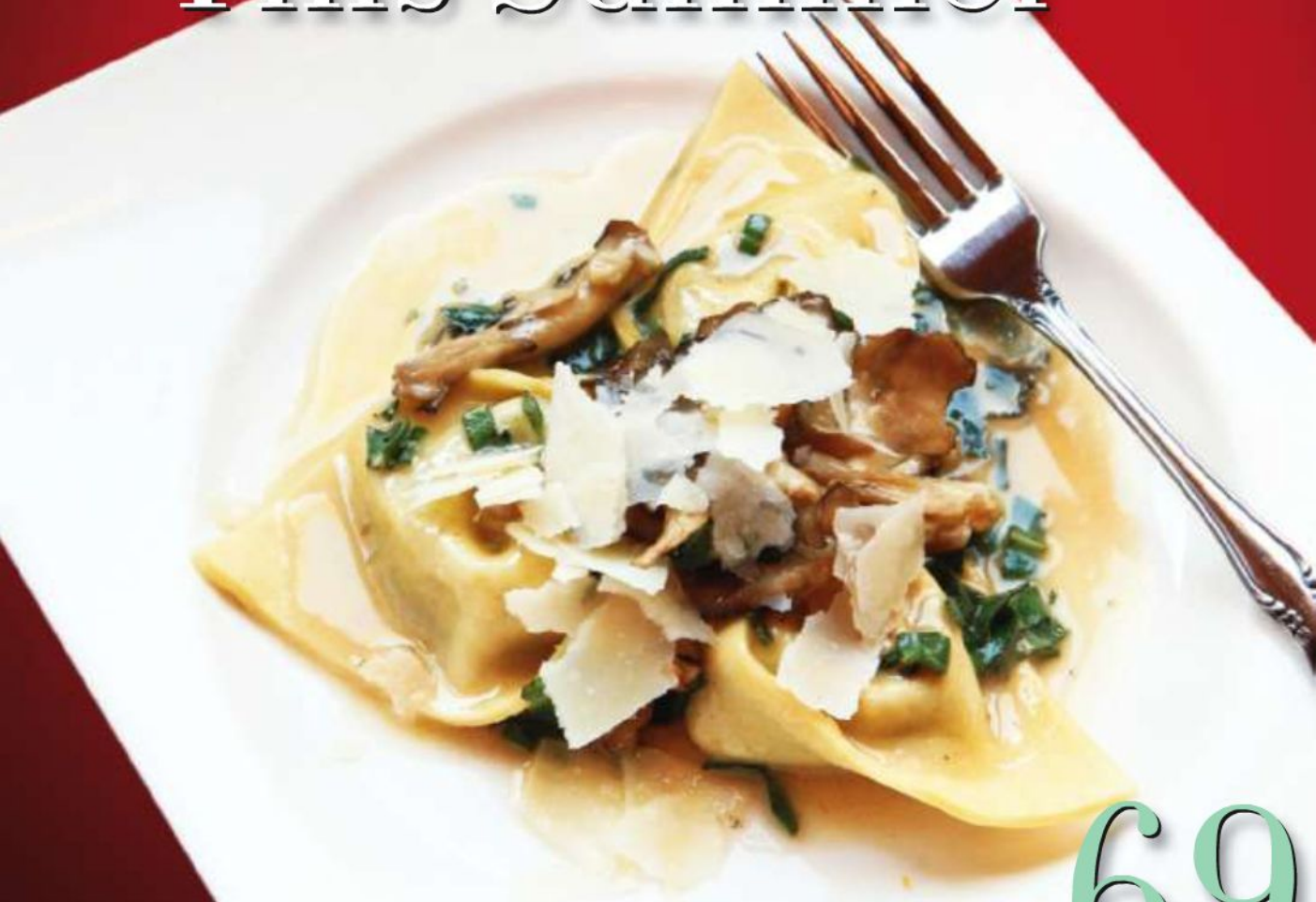

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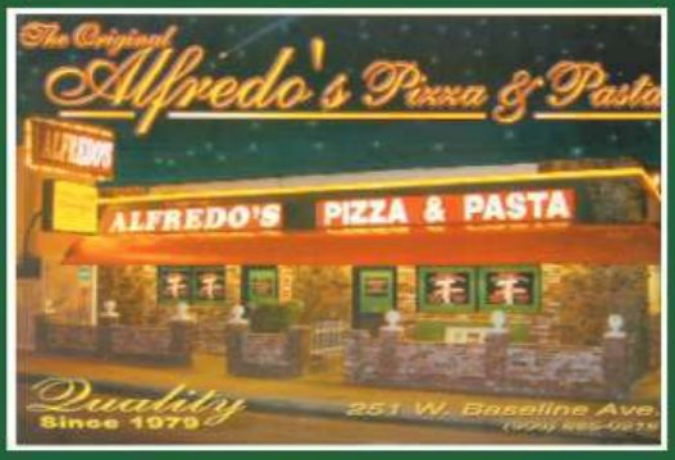

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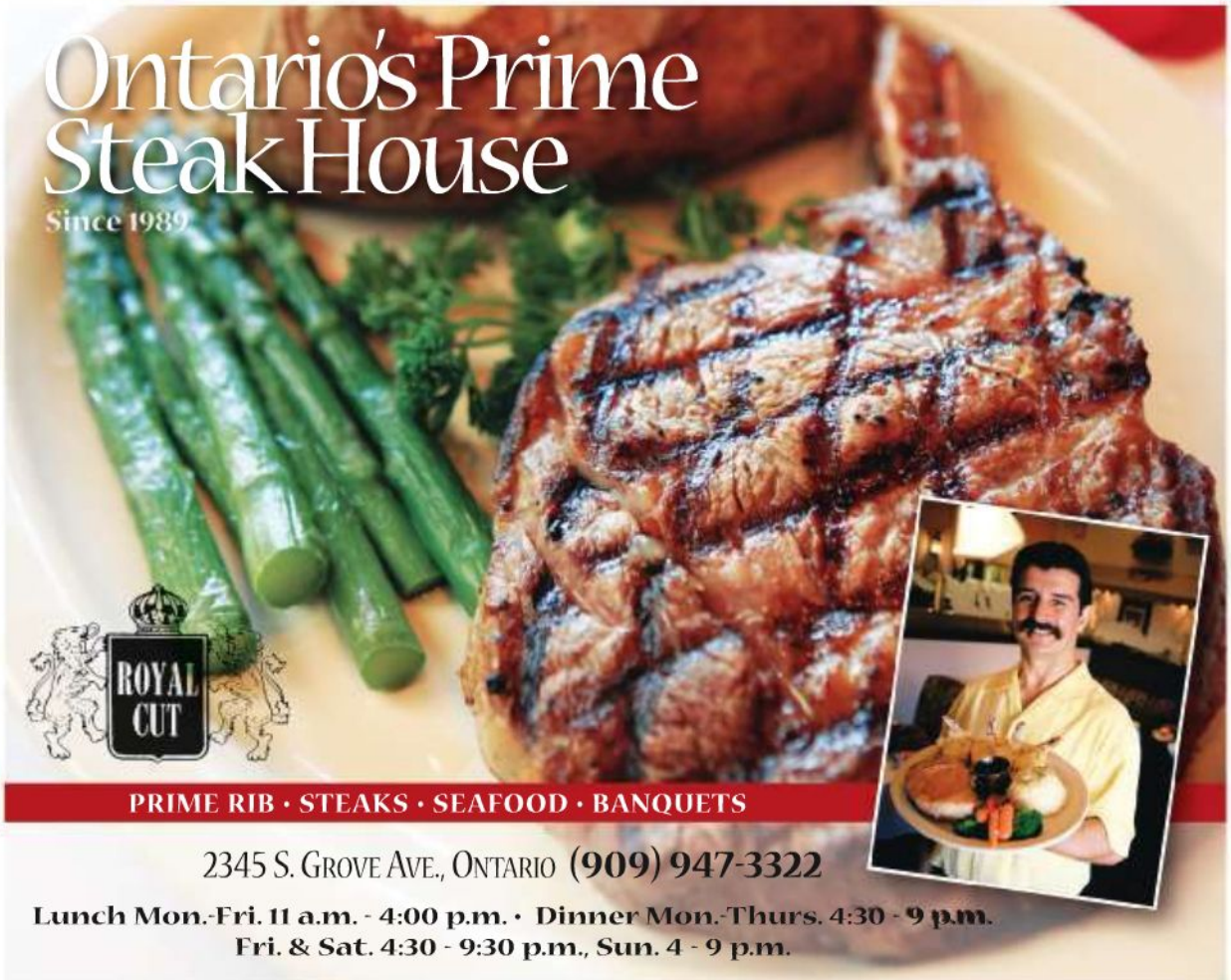

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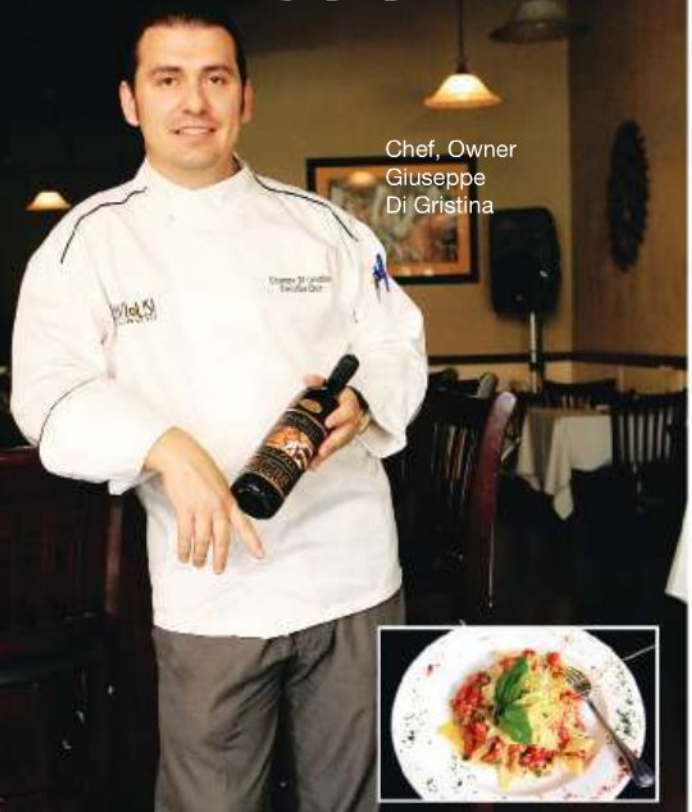

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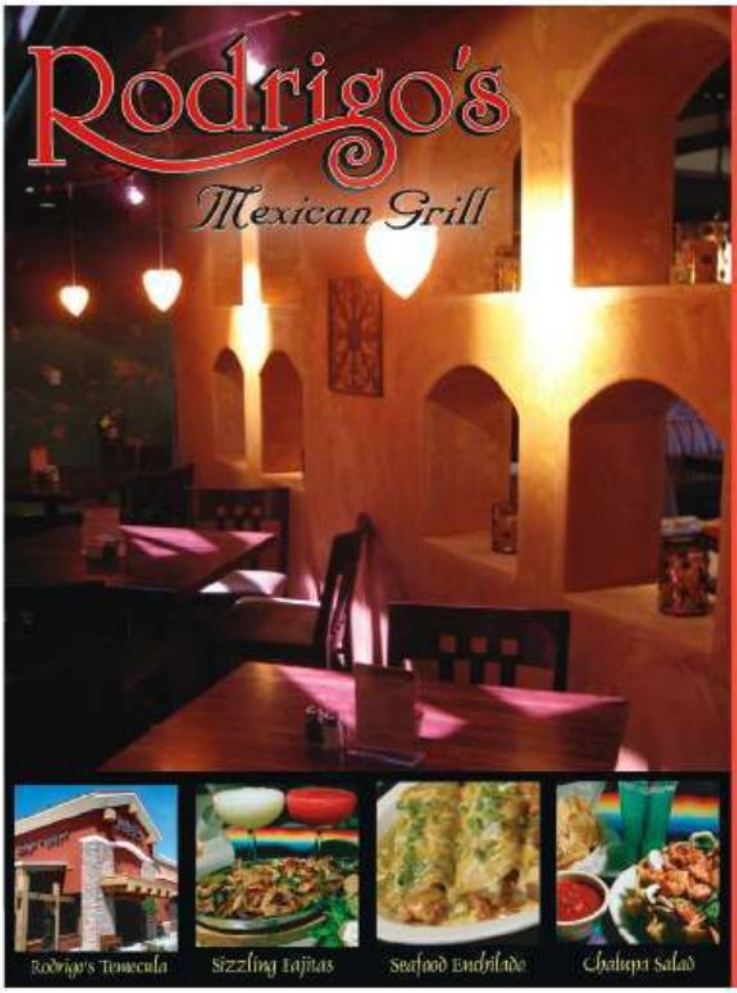

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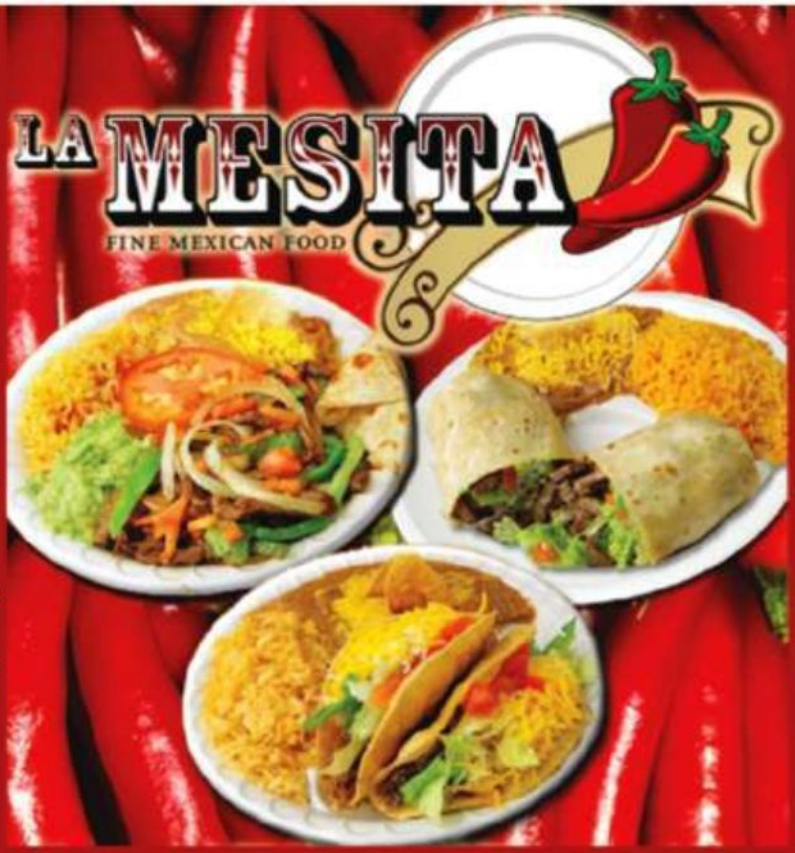

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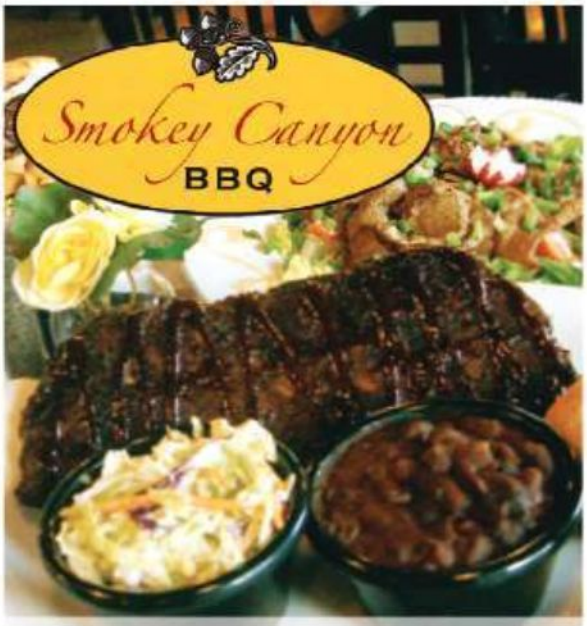

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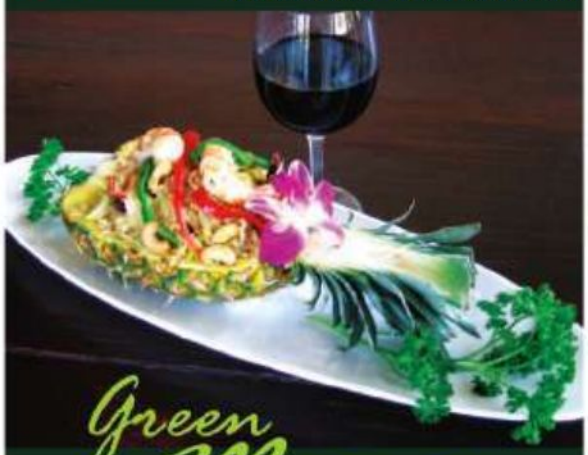

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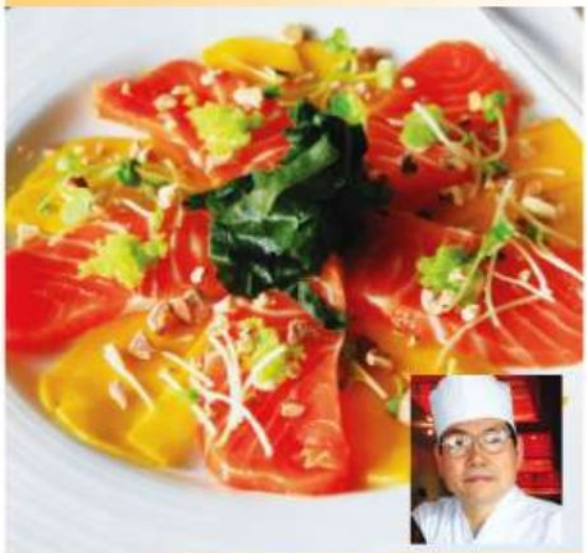

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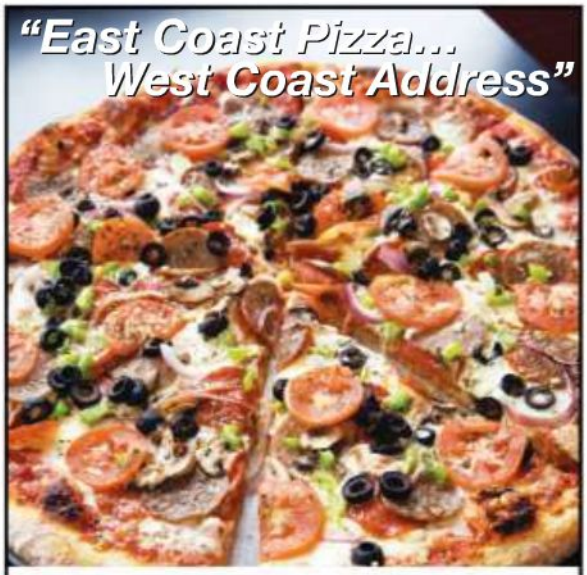

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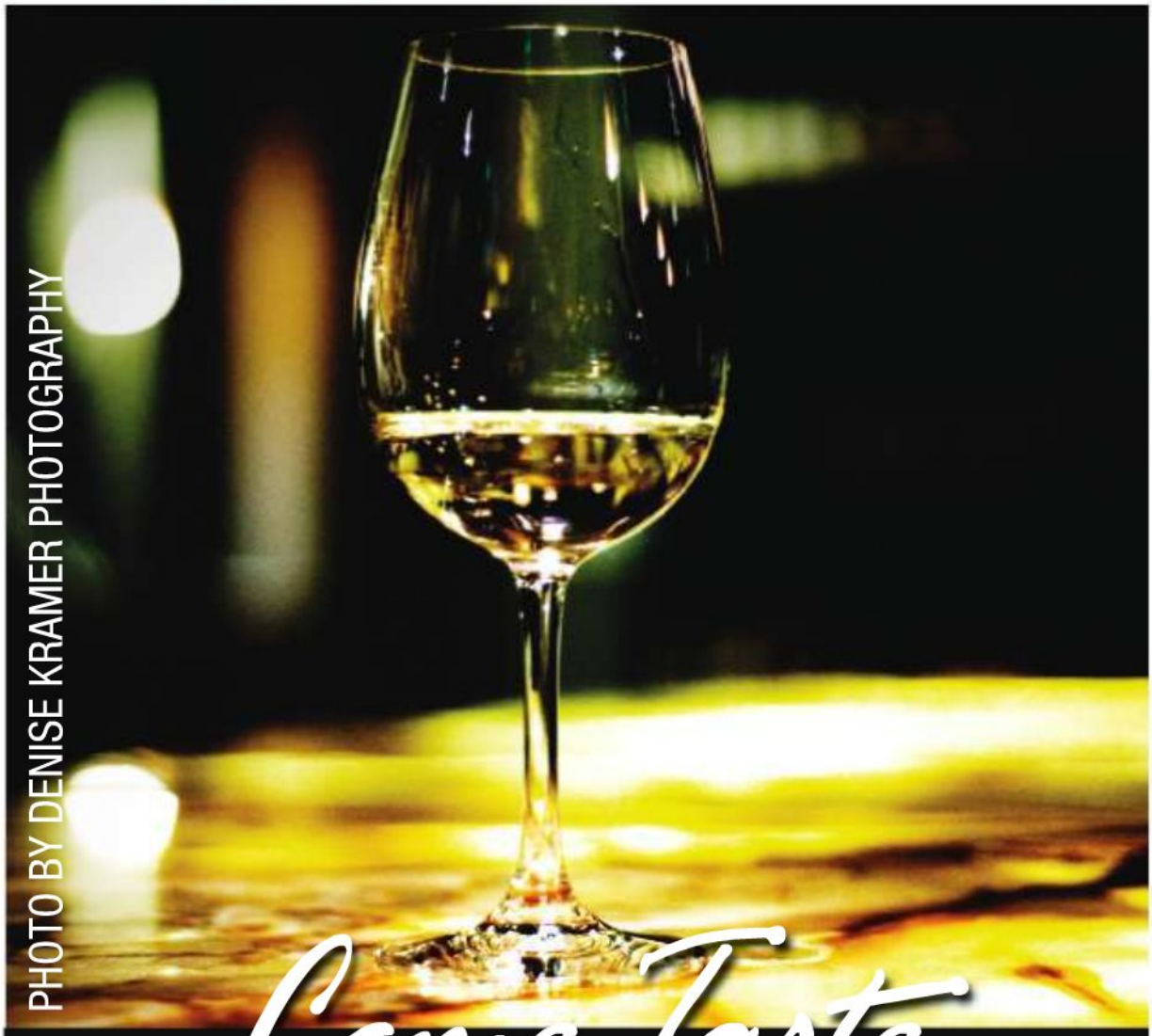

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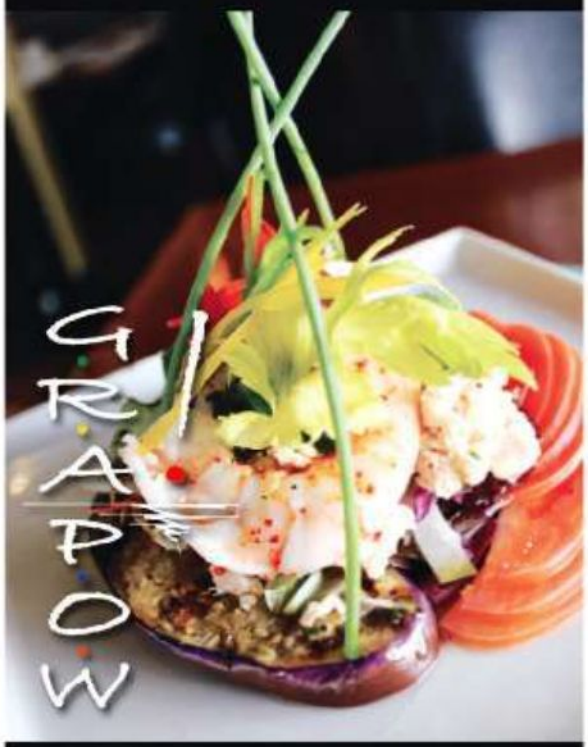

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(Puzzle appears on page 160)

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LOOKING GOOD

Procedures To Give Mom a Lift

BY GRACE S. ELIAS, M.D.

Mothers of all ages today lead full, engaging lives. They make extraordinary sacrifices for their children, but they do not wish for their youthful shape to be one of those sacrifices.

With many of them dedicated to healthy and active living, some women today elect to get "mommy lifts," such as breast surgeries or tummy tucks. These women want to look as young and vibrant as they feel, and their goal is to repair some of the tell-tale signs of childbearing.

As a plastic surgeon at Riverside Medical Clinic, I know how much body image can affect a woman, especially when her body does not reflect her inner attitude. These "mommy makeovers" can help women regain self-esteem and confidence.

Breast Lifts & Augmentation. During pregnancy and childbirth, a woman's body undergoes changes. When a mother's breasts become engorged with milk, the skin envelope expands. For most women, the skin does not contract after the volume of the breast decreases, so the breast is deflated. The volume shifts to the lower half of the breast and often causes a sagging appearance.

Depending on the woman's cup size before pregnancy, augmentation may be the sole answer, resulting in a fuller breast as well as a slightly lifted appearance. My preferred way to perform a breast augmentation is to place the implant behind the muscle. I feel this gives a natural look and prevents interference with mammography.

If the nipple and areola have sloped downward, then a breast lift is the right procedure. During a breast lift, the nipple and areola are repositioned to a more anatomical location and the skin envelope is adjusted. A breast lift may be done with or without augmentation. Less commonly, a woman may choose a lift with a slight reduction. About half of my patients opt for implants with a lift; the other half are happy with their breast size but wish for a "perkier" appearance.

Tummy Tuck. Even when a woman attains her pre-pregnancy weight after childbirth, the abdomen may not return to the pre-pregnancy shape. Unfortunately, diet and exercise alone cannot change the shape of the abdomen. Pregnancy causes the abdominal muscles and skin to stretch, thus altering the waistline and creating stretch marks, loose skin and uneven fatty deposits. During a tummy tuck surgery (abdominalplasty), the waistline is adjusted by tightening the covering of the muscle (called fascia) and removing the excess skin, some stretch marks and some of the fatty deposits.

The incision for an abdominalpasty is longer and usually lower than that of a C-section. The skin below the belly button is removed in an elliptical shape. Occasionally some of the skin above the belly button also is removed. A new opening is made to expose the belly button, which is then sutured in place. We often perform liposuction in conjunction with tummy tucks, but do so conservatively and only in safe zones in the abdomen.

Things to Consider. All surgeries carry risks and the potential for complications. Some of the factors to consider before elective surgery are your current health and lifestyle. Some patients may not be good candidates for cer-

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tain elective surgeries: educating yourself on the procedure you are considering (and its alternatives) is very important. My initial consultation with patients takes over one hour; I like to help my patients discover realistic expectations for the procedure.

And remember, surgery is not a cure-all: it does not make a mother's body look exactly like it did pre-pregnancy. Instead, surgery can improve some of the signs of childbearing. God gave us the bodies we have, and surgery cannot improve certain aspects of the body. Remembering that beauty is not skin deep is the overall lesson to consider when thinking of cosmetic surgeries.

Dr. Elias is a plastic surgeon who is certified by the American Board of Plastic and Reconstructive Surgery. She has been with Riverside Medical Clinic since 1987. She received her medical degree from Loma Linda University School of Medicine. She completed four years of general surgery, and one year of fellowship in microvascular surgery at Loma Linda University. She completed her training in plastic surgery at the Wright State University-Kettering Medical Center in Kettering, Ohio. Riverside Medical Clinic is the largest private provider of ambulatory care in the Inland Empire. The office of Dr. Elias can be reached at (951) 782-3796. If you'd like to find a general physician or a specialist, call Riverside Medical Clinic's physician referral line at (951) 683-6370 or go to www.riversidemedicalclinic.com for an online physician directory by location and specialty.

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THIS MONTH

Sayaka in Colton

Pepitos in Riverside

Paisano in Rancho Cucamonga

The Bank in Temecula

And More

08.10

PHOTOGRAPHY: TRINA GONZALEZ

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GRILLED CHICKEN

ORIENTAL FLAIR

From fresh sushi to savory teppan, Sayaka Japanese Restaurant in Colton serves the best of Japan's native cuisine. **By Penny E. Schwartz** PHOTOGRAPHY BY *Trina Gonzalez*

Clouds of steam and sizzling sounds fill the front room of Sayaka Japanese Restaurant in Colton as red-hatted teppan chefs slice, dice and grill. Parents with children in tow, couples and groups of friends watch with rapt attention as chefs flip slices of grilled steak, shrimp, chicken and vegetables off the griddles and onto their plates. Sayaka's elegant new eatery opened four years ago across the street from its former location and offers a delightfully relaxed dining experience whether you are hankering for teppan yaki, sushi or a more standard Japanese dinner entrée.

Owner Minako Hofmann has operated Sayaka for nearly 25 years, starting in the days when Japanese food was a mere novelty in the area. She used her daughter's middle name for the restaurant and that daughter, now an interior designer, in turn helped her design the new building. It is filled with artful touches, from the display area off the lobby to the spacious teppan room with 10 grill stations, to the sushi room that seats 30. Several dining areas hug the architectural curves of the building, which sports glass, metal and other modern decorative accents. An attractive glass-accented bar area sits behind the lobby.

Many of Hofmann's employees have been with her for years, including sushi chef Miguel, who began as a dishwasher and worked his way to the head of the sushi station. For starters, we decide to try one of the rolls for which he has become a local legend. Our waitress, Aki, demure in a blue and red kimono, brings us the Miguel Roll, a

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smooth and delicious crab and avocado mixture rolled in fresh tuna. Offering a bit more zip is the Zaza Roll, which enfolds a central core of sweet lobster meat in a tuna and avocado blanket, drizzled with spicy red sauce. Most emblematic of Miguel's heritage are the Japanese tostadas, which pair avocado and raw salmon marinated in fresh lime juice with the crunch of fried wonton slices.

Aki encourages us to try a couple of Sayaka's signature cocktails. The Pomegranate Martini blends fruit juice with citrus vodka, Peach Schnapps and Triple Sec for a dynamite drink. A bit sweeter and equally satisfying is the Geisha, which marries Absolut Peach Vodka and Triple Sec with soda, grenadine and strawberry lemonade.

The Assorted Sashimi Dinner comes artfully plated on a large blue and white oval. Slices of tuna, salmon, sea bass and ono are smooth and tender, while the albacore practically melts on the tongue. Wasabi is shaped into a delicate leaf, with ginger slices patted into a small bowl formed from a cucumber. When the rest of us are finished, one member of our group forgoes the nicety of transferring the ginger slices to her plate and chopsticks them directly from the cucumber bowl into her mouth.

The Shogun Boat is one on which I would happily sail away to a desert island. The large wooden vessel comes loaded with chicken and beef teriyaki, pork cutlet slices, shrimp and vegetable tempura, fried pork shumai dumplings and chicken tatsuta-age, boneless pieces marinated in a special sauce and deep fried. The teriyaki sauce is light and flavorful. Tempura is also light and crunchy as are the several fried items. The prow and the stern of the boat are laden with sweet and juicy fresh fruit, orange at one end and pineapple at the other.

We have also enjoyed Sayaka's teppan grill experience, where the chefs showcase their versatility and humor as they prepare your choice of dinner items. Spot-on is the fried rice, grilled to perfection and flavored with carrots, onions and fried egg. Filet mignon is tender and juicy, scallops are succulent, and shrimp is butterflied and well seasoned before grilling. Bean sprouts, zucchini and mushrooms round out the excellent grilled dinners, served with mustard and ginger sauces for dipping.

If you can possibly save room for dessert at Sayaka, the strawberry, mango or vanilla mochi (ice cream in rice paper) really hit the spot.

Sayaka, 1060 S. Mt. Vernon, Colton, (909) 824-6958. Open for lunch from 11 a.m. to 2 p.m. Monday to Friday, for dinner from 5-9 p.m. Sunday to Thursday and 5-10 p.m. Friday and Saturday. Entrees and combination dinners, $11.95-$22; sushi rolls, $10-$15; all-you-can-eat sushi $26.95 at lunch, $27.95 at dinner; teppan yaki, $10.95-$16.95. Banquet room available. Accepts all credit cards.

SALSA ROLL

THE GUIDE

PHOTOGRAPHY: THOMAS KELSEY

Route 66 Legend

Magic Lamp Inn in Rancho Cucamonga is one of the area's original steakhouses, having been around since the mid-1950s. The restaurant offers a blend of Italian specialties, seafood and beef. Walk around the restaurant and marvel at the Chinese cherrywood beams, European stained glass and the Bavarian rock facade.

CABAZON

Bamboo
Dine on the cuisines of China, Thailand, Korea and Japan. Lunch Sat. and Sun., dinner Wed.–Sun. **Morongo Casino and Resort, 49500 Seminole Drive, 1-800-252-4499**

Cielo
Morongo's rooftop restaurant offers steaks, seafood and spectacular views from the 27th floor. Dinner nightly. Reservations recommended. **Morongo Casino and Resort, 49500 Seminole Drive, 1-800-252-4499**

Potrero Canyon Buffet
Fill up on traditional buffet fare at Morongo Casino and Resort. Lunch Mon.–Sat., dinner nightly, brunch Sun. **49500 Seminole Drive, 1-800-252-4499**

CHERRY VALLEY

The Grand Oak
The atmosphere is peaceful and the feeling is nostalgic at this steakhouse tucked into the historic Highland Springs Resort. Lunch Tues.–Sat., dinner Wed.–Sat., brunch Sun. Reservations recommended. **10600 Highland Springs Ave., (951) 845-1151**

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Honolulu Harry's
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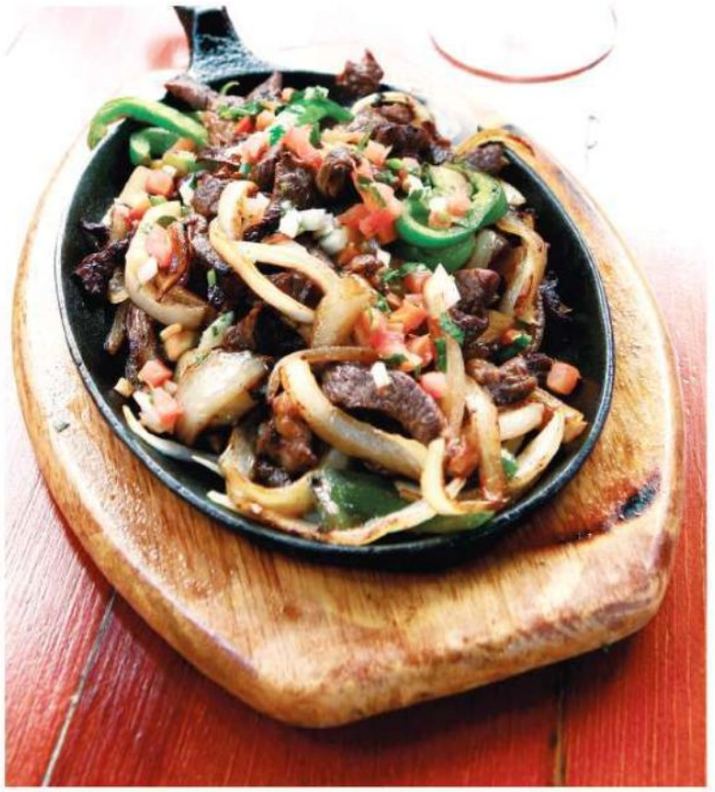


MEXICAN FLAVORS

PEPITOS RIVERSIDE **BY TIM COONEY**

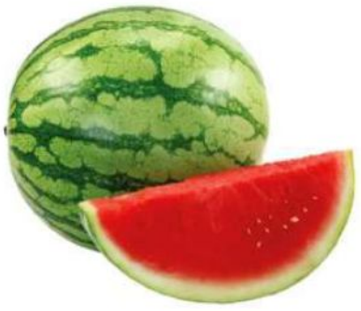
Pepitos Mexican Restaurant and Cantina in Riverside has been a favorite dining destination for 25 years. The restaurant, located on the small, triangle-shaped parcel formed by Brockton Avenue, Magnolia Avenue and Sunnyside Drive, offers a fine variety of dishes that represent all regions of Mexico. The cozy dining room is filled with bright colors, faux adobe and photographs that reflect Mexican culture. Circular booths surround the main dining room, offering privacy for diners. There are three entrances to Pepitos: one on Magnolia, another from the rear parking lot, and a third into the full bar that adjoins the restaurant from a patio just off of Brockton.

Pepitos serves breakfast, lunch and dinner. The breakfast menu includes egg dishes, omelets and a "morning burrito." Lunch and dinner feature traditional south-of-the-border selections.

Your meal begins with fresh, warm tortilla chips and a spicy salsa. Appetizers include Santa Fe egg rolls, nachos supreme, and chicken wings. Three kinds of seafood cocktails are available: Camaron (shrimp), Campechana, and Siete Mares. In addition to tacos, burritos, enchiladas and tostados, Pepitos serves a variety of specialty dishes, including chile verde, carne asada, steak picado and fajitas, and several seafood entrees. Combination plates offer one, two or three items (taco, enchilada, tamale or taquito); substitute a chile relleno for an extra charge. And do remember to save room for caramel flan or fried ice cream. If you want to relax and enjoy an evening out with friends, you can stop by the full bar, which stays open until 2 a.m.

Pepito's Mexican Restaurant and Cantina: 6539 Magnolia Ave., Riverside; (951) 788-2652. Open Monday through Thursday 11 a.m. to 9 p.m., Friday 11 a.m. to 10 p.m., Saturday 10 a.m. to 10 p.m., and Sunday 10 a.m. to 9 p.m. Catering is available.

PHOTOGRAPHY: TRINA GONZALEZ



HOW TO PICK A PERFECT WATERMELON

National Watermelon Day is August 3. Easy to eat and refreshing on a hot day, it's a seasonal staple that even Mark Twain took note of. To choose the best whole watermelon, experts at the National Watermelon Promotion Board offer the following tips: The watermelon should be firm, symmetrical and free of major bruises or scars. It should also be dark green in color. And since watermelons are 92 percent water, your watermelon should be relatively heavy for its size. Turn your watermelon over and check its bottom, which should have a creamy yellow spot (also called "the ground spot"). This is where the watermelon sat on the ground while it soaked up the sun at the farm. If this spot is white or greenish, your watermelon may have been picked too soon and might not be as ripe as it should be. Some people swear by the "thump" test—tap the melon on its side. Some say a ripe watermelon will produce a hollow sound, while a solid sound indicates a watermelon that's not ripe or too ripe. Because the sound test is subjective at best, experts say it's best to go by look, color and feel.

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among the specialties at this long-time Mexican restaurant. Breakfast, lunch and dinner daily. **12412 Central Ave., Chino, (909) 628-1379**

■ **RA Sushi Bar Restaurant**
This stylishly edgy sushi bar and Japanese fusion restaurant is known for its upbeat vibe and playful approach. Lunch and dinner daily, late night dining. **The Shoppes at Chino Hills, 13925 City Center Dr., Chino Hills, (909) 902-0044**

■ **Wood Ranch BBQ & Grill**
The rustically-elegant decor complements the premium American barbecue menu. Lunch and dinner daily. **The Shoppes at Chino Hills, 3335 Grand Ave., Chino Hills, (909) 203-5500**

CLAREMONT

■ **Cafe Harvard Square**
Stop by this Village fixture for California continental cuisine with a French flair, served indoors or on the patio. Lunch and dinner daily, brunch Sunday. **206 W. Bonita Ave. (at Harvard Avenue), (909) 626-7763**

■ **Espiau's**
American and Mexican fare share the menu, a result of the merging of The Danson sidewalk cafe and Espiau's Mexican restaurant. Lunch and dinner Mon.–Sat. **109 Yale Ave., (909) 621-1818**

■ **Hotel Casa 425 Lounge**
This sleek, sexy hotel lounge caters to the grazing crowd, offering a bevy of small plates, homemade desserts and some of the finest libations in the IE. Sun.–Thurs. 4 p.m. to 10 p.m., Fri. & Sat. until midnight. **425 West First St., (909) 624-2272**

■ **Kazama Sushi**
The atmosphere evokes the feel of intimate sushi bars in Japan, but the menu is far-ranging and the sake list is extensive. Adventurous diners may want to ask about omakase-style dining. Lunch and dinner daily. **101 N. Indian Hill Blvd., Suite C1-104A, (909) 450-2505**

■ **La Parolaccia**
This trattoria serves wood-fired pizzas and Italian regional fare. Lunch and dinner daily. **201 N. Indian Hill Blvd., (909) 624-1516**

LA PAROLACCIA

HEARTY ITALIAN

PAISANO RISTORANTE RANCHO CUCAMONGA **BY PENNY E. SCHWARTZ**

PHOTOGRAPHY: TRINA GONZALEZ

Paisano Ristorante, one of my favorite area Italian eateries, has moved into Victoria Gardens after five years in nearby Fontana. Chef Anthony Russo has made the new space his own, with an attractive renovation featuring stone accents, granite table tops, leather booths and colorful hand-painted murals evocative of the Italian countryside. Stone walls delineate the bar area, with delicate waterfalls trickling down over candle-filled niches. You can choose to dine in one of the several intimate dining rooms, the chef's tables overlooking the open kitchen, or the private "Godfather's Room." Wherever you eat, however, the food will be the same hearty and innovative Italian fare Russo served at his former location.

The chef comes by his Italian cooking pedigree through working in his family's La Crescenta restaurant, Dominick's, and training at the California School of Culinary Arts in Pasadena. His parents have Old-Country roots, hailing from Napoli and Palermo by way of New York, all influences on the younger Russo's cooking.

At the new Paisano, Russo has introduced a lunch menu featuring sandwiches, smaller entrees and salads. Among the standouts is a Cobb salad, drizzled with a tangy mix of ranch dressing and barbecue sauce. For a heartier lunch, try the seafood pasta or the Chilean sea bass, encrusted with macadamia nuts in a lemon basil cream sauce with a side of potato gnocchi in Alfredo sauce.

A sure-fire appetizer treat is the Panzotti di Rancho, crispy fried half moon pasta shells stuffed with lump crab and served with a piquant Italian cheese fondue sauce of mozzarella with jalapeno. My lunch companion declared that she would return just for this dish while I would drive there in a minute for the pizza, tasting of my own New York youth. The Paisano Special offers pepperoni, bell pepper, homemade pork sausage, mushrooms and tomatoes (we held off on the added choice of anchovy or jalapeno) with just the right layering of marinara sauce on a wonderfully crisp crust, made fresh each day. You can also customize your pizza from a long list of ingredients.

In addition to baking pizza and calzones, Paisano turns out soft, thick Parmesan bread sticks sprinkled with salt and parsley that are out of this world. We asked the waitress to keep them coming as they provided especially fine accompaniment to the Loaded Baked Potato soup. This deconstruction features pureed, roasted skin-on potatoes in a chicken stock with a touch of buttermilk, garnished with bacon bits, cheddar cheese and chives. A "P" drizzled on the top in sour cream lets you know in no uncertain terms that you are dining on potato at Paisano.

Another hearty lunch or dinner choice is the Chicken and Eggplant duo, pairing chicken Parmesan with eggplant that is stuffed with mushrooms, spinach and ricotta cheese. A side of baked spaghetti adds a third element to the plate.

Desserts are made in-house. Try the traditional cannoli laced with chocolate chips and pistachio or the luscious tiramisu with its strong hints of brandy and Grand Marnier.

Whether you make the trip especially to dine or just need an infusion while shopping, Paisano is a most welcome addition to Victoria Gardens.

Paisano, 12574 N. Mainstreet, Victoria Gardens, Rancho Cucamonga, (909) 803-8777. Open daily 11 a.m. to midnight. Happy Hours daily from 2-4 p.m., 4-6 p.m. and 9-11 p.m. Event facilites, outdoor patio and private "Godfather's Room" available.

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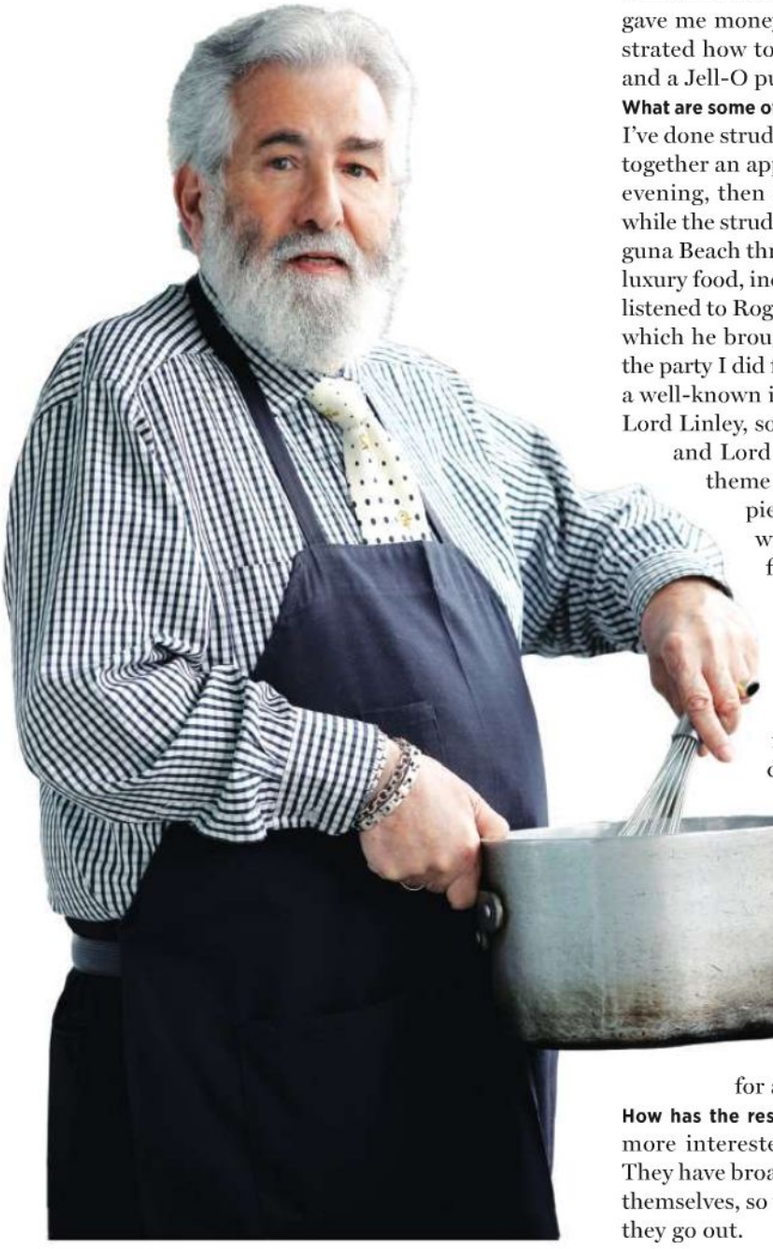
THE DISH

60 SECONDS WITH LEONARD CORBETT

EDWARDS MANSION REDLANDS
BY PENNY E. SCHWARTZ

Chef Leonard Corbett has carved out a niche for himself on the local food scene. His emphasis has always been on creativity and individuality with a splash of humor, whether he is dishing out special event meals at Edwards Mansion or preparing lavish donated dinners that raise thousands of dollars for local charities.



Corbett got his start at age 13 on a TV show called "Mike Roy's Kitchen," a 1950s precursor to today's cooking shows. Moving to the Inland area in 1968, he took cooking classes at San Bernardino Valley College. After meeting Joe Pitruzello, he went to work at Pitruzello's in Riverside, learning the restaurant trade from the bottom up. After a stint as Maitre d' at the Mission Inn, he bought a Pioneer Chicken franchise in Riverside, then opened two incarnations and locations of Corbett's Restaurant in Redlands (both are now closed). Currently he and his son, Brian, serve as in-house caterers for Edwards Mansion. Corbett also caters private dinners and events through Corbetts et Cie, donating many hours to fundraising efforts.

How did you happen to appear on a TV cooking show as a teenager? I liked to cook and told them I wanted to do some of my mother's recipes. They gave me money to go shopping. Then I demonstrated how to make Thousand Island dressing and a Jell-O pudding pie.

What are some of the unusual parties you have catered? I've done strudel parties, where all the guests put together an apple strudel at the beginning of the evening, then dine on sausages and sauerkraut while the strudel bakes for dessert. A client in Laguna Beach threw a spring-themed party serving luxury food, including a seafood bar, while guests listened to Roger Williams play on his own piano, which he brought to her house. Then there was the party I did for royalty in Rancho Mirage when a well-known interior designer was entertaining Lord Linley, son of England's Princess Margaret and Lord Snowdon. We did a Renaissance theme with large turkey legs, shepherd's pie, roast beef and sweet lemon tarts with clotted cream and raspberries for dessert.

What charities have you helped? Back 30 years ago, I started with the Associates of the Redlands Bowl, donating my time and buying supplies, then supervising the ladies as they cooked the dinners for as many as 1,200 people. My dinners for 8 have brought as much as $5,000 at the Redlands Symphony Gala events. I have also provided receptions for Kimberly Crest and Loma Linda University Children's Hospital as well as done the food for Munchin' at the Mansion for a foster children's group.

How has the restaurant scene changed? People are more interested in food than they used to be. They have broadened their palates and cook a lot themselves, so they expect something great when they go out.

PHOTOGRAPHY: JIM DORSEY

THE GUIDE

Tutti Mangia Italian Grill
Enjoy elegant dining in Claremont Village, with signature martinis, fine wines and chef Jose Ruiz's eclectic take on Italian cuisine. Lunch Mon.–Fri., dinner nightly. Reservations recommended. **102 Harvard Ave., (909) 625-4669**

Walter's Restaurant
You might want to sit on the cozy patio at this long-time Village eatery loved for its Afghani, California and French inspired dishes and Sunday brunch. Breakfast, lunch and dinner daily, brunch Sunday. Reservations recommended. **310 Yale Ave., (909) 624-4914**

CORONA

BlackWood American Grill
The brainchild of the owners of the legendary Sycamore Inn, this steakhouse is a more contemporary upscale version of its counterpart. Lunch Mon.–Fri., dinner nightly. Reservations recommended. **Corona Pointe, 980 Montecito Dr., (951) 549-7998**

La Mesita
The Mexican fare here ranges from tacos and flautas to more than 18 varieties of burritos. Breakfast, lunch and dinner daily. **2279 Eagle Glen Parkway, #101, (951) 549-9850; 1181 Magnolia Ave., #102, (951) 817-5005**

RA Sushi Bar Restaurant
This stylishly edgy sushi bar and Japanese fusion restaurant is known for its upbeat vibe and playful approach. Lunch and dinner daily, late night dining. **Promenade Shops at Dos Lagos, 2785 Cabot Drive, (951) 277-7491**

Rodrigo's Mexican Grill
The tastes of old and modern Mexico are dished up in an upbeat environment with a Mexican village feel. Lunch and dinner daily, brunch Sun. **150 W. Parkridge Ave., (951) 738-0373**

TAPS Fish House & Brewery
Signature fish dishes, American classics and hand-crafted ales makes TAPS a popular place for casual dining. Lunch and dinner daily, brunch Sunday. **Promenade Shops at Dos Lagos, 2745 Lakeshore Dr., (951) 277-5800**

Wood Ranch BBQ & Grill
The rustically-elegant decor complements the premium American barbecue menu. Lunch and dinner daily. **Promenade Shops at Dos Lagos, 2785 Lakeshore Drive, (951) 667-4200**

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THE DISH

OLD TOWN MEX

THE BANK TEMECULA **BY DAVID COHEN**

The Bank is the oldest Mexican restaurant in the Temecula Valley. Located in the historic First National Bank of Temecula in the middle of Old Town, the building was completed in 1914. It was also the site of the first bank robbery in Riverside County back in 1930. The walls of both the building and the vault were 18 inches thick, so whatever was said in its confines remained there.

The restaurant has both indoor and patio dining. The menu, which lists familiar fare, is certainly extensive. Menudo is served on Sundays for those of you who've imbibed too much on Saturday night. The appetizer section includes queso fundido with chorizo to be eaten with hot tortillas, as well as chipotle flavored chicken wings and a blend of shrimp and fish ceviche. The list of specials includes a chile relleno topped with pork laden chile verde sauce; gorditas ("little fat ones") consisting of extra thick homemade corn tortillas stuffed with beef, pork or chicken and accompanied by guacamole; crab enchiladas with cheese, olives and onions; and garlicky shrimp, tomatoes and onions, which are excellent wrapped in flour tortillas. The carne asada burrito is particularly good, brimming with steak strips. The breakfast menu is extensive and is served Saturdays and Sundays from 8 a.m. to 11 a.m. Items marked with a chile pepper are served all day on Saturday and Sunday. There are such dishes as Huevos Rancheros either over easy or hard atop a fried corn tortilla and topped with salsa ranchera; machaca (scrambled eggs with shredded beef and onions); and chilaquiles (corn tortilla strips blended with scrambled eggs and a special tomato sauce). All come with your choice of tortillas and either rice and beans or house potatoes (not available after 11 a.m.). There's certainly no shortage of items from which to choose. You can bank on it.

The Bank of Mexican Food, 28645 Old Town Front St., Temecula, (951) 676-6160. Open Mon.–Thurs. 11 a.m. to 10 p.m., Friday 11 a.m. to 11 p.m., Saturday 8 a.m. to 11 p.m., and Sunday 8 a.m. to 9 p.m. The bar stays open until 1:30 a.m. as long as people are there.

PHOTOGRAPHY: TRINA GONZALEZ

RESTAURANT RAVES WHAT OUR READERS HAVE TO SAY

Vineyard Rose

Vineyard Rose (at South Coast Winery, Resort & Spa, Temecula) "Our meal in the restaurant was perfect. We were able to dine outdoors and enjoy the sunset and the vineyard. Our server was great—very knowledgeable, helpful and professional, as were the other staff. The food was delicious. It was one of the most memorable meals we have ever had and can't wait to come back and enjoy ourselves again." – S. Griffin, Edmonton, Canada

"I loved the villa and spa, but the Vineyard Rose was the best. We had a wonderful lunch on the veranda of the Vineyard Rose on a beautiful day. Our waitress was very friendly and informative. I wish I had remembered her name. She deserves a raise." – L. Bloomington, Costa Mesa, Calif.

Tell us your favorite dishes. Log on to **www.inlandempiremagazine.com** and click on **Restaurant Rave**

THE GUIDE

attractions here. Lunch Mon.–Fri., dinner Mon.–Sat. **2560 Tuscany St., (951) 272-2177**

HEMET/SAN JACINTO

Los Vaqueros
This Mexican cantina and grill is a popular place for food and fun, with live entertainment and a menu that includes sizzling fajitas, combination plates and seafood specialties. Lunch & dinner daily. **3909 W. Florida Ave., Hemet, (951) 766-1192**

The Maze Stone
The dining room at the Country Club at Soboba Springs serves fine American cuisine. Breakfast, lunch and dinner daily, brunch Sunday. Reservations recommended. **1020 Soboba Road, San Jacinto, (951) 654-4300**

LA VERNE/SAN DIMAS

Cask 'n Cleaver
Founded in 1967 in the vineyards of Cucamonga, this local legend is known for its midwestern corn-fed beef, meat-friendly wines and convivial atmosphere. Dinner nightly. **125 N. Village Court, San Dimas, (909) 592-1646**

La Paloma
Serving Mexican food for more than 51 years, signature dishes at this regional legend include pollo cilantro, camarones Veracruz and burrito ranchero. Lunch and dinner daily. **2975 Foothill Blvd., La Verne, (909) 593-7209**

Mi Ranchito
Lobster tacos, fajitas tres sabores, sirloin steak picado and camarones a la diabla are among the specialties at this long-time Mexican restaurant. Breakfast, lunch and dinner daily. **1437 Foothill Blvd., La Verne, (909) 596-8331**

Miyabi
Choose your style: teppan grill with chef slice & dice show, formal Japanese dining, or sushi bar. Lunch Mon.–Fri., dinner nightly. Reservations recommended. **2345 Foothill Blvd., La Verne, (909) 392-6808**

MONTCLAIR

Cafe Montclair
This landmark restaurant elevates cafe fare to a higher level. Breakfast, lunch and dinner Tues.–Sun. **10220 Central Ave., (909) 445-1285**

Rockin' Baja Coastal Cantina
Puerto Nuevo-style seafood, burgers and tacos highlight the menu at this funky beach

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STRIKING GOLD

MONTE DE ORO WINERY TEMECULA **BY TAMMY MINN**

KEN ZIGNORSKI General Manager

PHOTOGRAPHY: R.K. GREEN

Though it's only been open to the public since January, Monte de Oro Winery in Temecula has harvested tons of local wine grapes since 2004, accumulating awards for its Cabernet Sauvignon, Zinfandel, and Cabernet Franc, among others.

"Our efforts are being rewarded," says Ken Zignorski, managing partner and general manager of Monte de Oro. Founded in 2002 as OGB (One Great Blend) Partners, Monte de Oro, which means "mountain of gold," is composed of 65 investors from the United States, South Africa and the United Kingdom. Zignorski says they chose the Temecula Valley because of its "climate and favorable weather for growing grapes, the demographics of a large population base [22 million people within a 90-minute drive] and the financial reasonableness of getting into the wine business in Temecula Valley versus other wine areas, like Napa and Sonoma, that require a very large capital investment."

The winemaking team includes Tim Kramer, executive wine director of Temecula Valley Winery Management; Tom Eddy of Tom Eddy Wines in Calistoga, and Zignorski. They've been pleased with the results so far. "Our Syrah and Viognier grapes are performing quite well, and we recently planted Tempranillo, Grenache and Petite Syrah grapes to complement our Rhone and Mediterranean varietal wine programs," Zignorski says.

Though last year's harvest was "on the light side," Zignorski says the 2009 Viognier and Sauvignon Blanc "are tasting extremely good, and we have high hopes for our Syrah and Cabernet Franc." Port-style wines and a Late Harvest Muscat Canelli will be ready for release later this summer. Sample them and others at the 31,000-square-foot facility at 35820 Rancho California Road. For more information, see www.montedeoro.com.

THE GUIDE

bar/restaurant. Lunch and dinner daily. **Montclair Plaza, 9335 Monte Vista Ave., (909) 621-7788**

NORTH SAN DIEGO COUNTY

Amigos
Enjoy Mexican fare, margaritas and a view of the Palomar Mountains. Lunch and dinner daily. **Pala Casino, Resort, Spa, 11154 Highway 76, Pala; (760) 510-5100**

Aqua Terra
Nestled against the golf course, Pala Mesa Resort's signature restaurant offers lovely views and contemporary cuisine. Breakfast, lunch and dinner daily. **2001 Old Highway 395, Fallbrook, (760) 731-6805**

Black&Blue
Valley View Casino's contemporary American steakhouse offers innovative takes on traditional fare. Dinner nightly. **16300 Nyemii Pass Road, Valley Center, 1-866-VIEW WIN**

The Buffet
Bring your appetite to Valley View Casino's 200+ item buffet. Lunch and dinner daily. **Valley View Casino, 16300 Nyemii Pass Road, Valley Center, 1-866-VIEW WIN**

Choices, The Buffet
You'll find more than 200 choices at Pala's expansive buffet. Lunch Mon.–Fri., dinner nightly, brunch Saturday and Sunday. **Pala Casino, Resort, Spa, 11154 Hwy 76, Pala; 1-877-946-7252**

Mama's Cucina Italiana
Regional Italian dining includes pasta made before your eyes. Dinner nightly. Reservations suggested. **Pala Casino, Resort, Spa, 11154 Highway 76, Pala; (760) 510-5100 (before 5 p.m.), (760) 510-4541 (after 5 p.m.)**

The Oak Room
Dine in rich, warm surroundings at Pala's fine-dining steakhouse. Dinner nightly. Reservations suggested. **Pala Casino, Resort, Spa, 11154 Hwy 76, Pala; (760) 510-5100 (before 5 p.m.), (760) 510-4540 (after 5 p.m.)**

ONTARIO

Benihana
This is the famous Japanese steakhouse with knife-wielding, theatrical performing teppanyaki chefs. Lunch Mon.–Fri., dinner nightly (from noon Sat. & Sun.). Reservations recommended. **3760 E. Inland Empire Blvd., (909) 483-0937**

Citrus West
DoubleTree Hotel's open air bistro serves sandwiches, salads, pastas and entrees with California and Pacific Rim influences. Breakfast, lunch and dinner daily. **222 N. Vineyard Ave., (909) 937-0900**

Market Broiler
The menu of this popular seafood restaurant features a daily fresh fish list, mesquite broiled entrees, combinations, and dishes for non-seafood eaters. Lunch and dinner daily. **4553 E. Ontario Mills Circle, (909) 581-0866**

New York Grill
Come to this comfortably elegant restaurant for fine-dining steaks, seafood, chicken and chops. Lunch Mon.–Fri., dinner Mon.–Sat. Reservations recommended. **950 Ontario Mills Dr., (909) 987-1928**

The Orchid Grill
Dine on continental cuisine in a fine-dining atmosphere. Breakfast, lunch and dinner daily. **Sheraton Ontario, 429 North Vineyard Ave., (909) 937-8000**

Pacific Grille
This hotel bistro serves California cuisine. Breakfast, lunch and dinner daily. **Ontario Marriott, 2200 E. Holt Blvd., (909) 975-5000**

Panda Inn
Families, special occasion celebrants, and airport travelers come to this familiar Asian chain restaurant for Mandarin and Szechwan cuisine. Lunch and dinner daily. **3223 E. Centrelake, (909) 390-2888**

Porter's Prime Steak House
The DoubleTree Hotel's fine-dining steakhouse serves flavorful steaks, fresh seafood and chops. Lunch Tues.–Fri., dinner nightly, brunch Sunday. Reservations required. **222 N. Vineyard Ave., (909) 418-4808**

Rosa's
This elegant Italian restaurant is a pillar of the Inland Empire's fine-dining scene. Lunch Mon.–Fri., dinner Mon.–Sat. Reservations recommended. **425 N. Vineyard Ave., (909) 937-1220**

Royal Cut
Since 1989, Royal Cut has attracted steak and prime rib lovers. Lunch Mon.–Fri., dinner nightly. **2345 S. Grove Ave., (909) 947-3322**

Toro Sushi Bar Grill
The menu lists plenty of choices for traditional Japanese cuisine and signature sushi. Lunch Mon.–Sat., dinner nightly. **1520 N. Mountain Ave., #D, (909) 983-8676**

POMONA

McKinley's Grille
Chef David Teig uses local and sustainably raised ingredients to craft the fresh market cui-

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sine menu. The wine list features award-winners from the L.A. International Wine & Spirits Competition. Breakfast, lunch and dinner daily. **Sheraton Fairplex 601 W. McKinley Ave., (909) 622-2220**

■ **Pomona Valley Mining Co.**
From its hilltop perch, this Gold Rush themed dinner-house attracts both couples and families for steak-house fare and the view of city lights. Dinner nightly, brunch Sun. **1777 Gillette Road, (909) 623-3515**

RANCHO CUCAMONGA

■ **Antonino's Ristorante Italiano**
The ambiance is relaxing and elegant, and the extensive menu offers a culinary tour of both northern and southern Italy. Lunch and dinner daily. **Thomas Winery Plaza, 7945 North Vineyard Ave., (909) 941-0047**

■ **Boston's The Gourmet Pizza**
Fill up on pizza, pasta and more at this gathering spot located across the street from Ontario Mills and a slap shot away from Citizens Business Bank Arena. Lunch and dinner daily. **11260 4th St., (909) 758-9115**

■ **Candelas Contemporary Cuisine**
The striking dining room sets the mood for traditional and nouveau Mexican-style cuisine with a French flair. Lunch and dinner daily. **Victoria Gardens, 7881 Monet Ave., (909) 803-1101**

■ **Cask 'n Cleaver**
Founded in 1967 in the vineyards of Cucamonga, this local legend is known for its midwestern corn-fed beef, meat-friendly wines and convivial atmosphere. Dinner nightly, lunch Mon.–Fri. **8689 9th St., (909) 982-7108**

■ **Eddie's Cucina Italiana**
Admire the lovely murals while dining on New York homestyle Italian dishes, seafood and steaks. Lunch Mon.–Sat., dinner nightly (Sunday from noon), breakfast buffet Sunday. Banquet room up to 70 people. **8153 Aspen Ave., (909) 476-8400**

■ **Famous Dave's**
Award-winning barbecue ribs and hickory-smoked meats highlight the menu of this casual, family-friendly restaurant. Lunch and dinner daily. **11470 4th St., (909) 481-2271**

■ **Green Mango Thai Bistro**
Expect to find a menu of Thai favorites and some dishes rarely encountered in other Thai restaurants. Lunch and dinner daily. **11226 Fourth St., (909) 987-8885**

■ **Gyu-Kaku Japanese BBQ**
Cook pre-marinated meats, chicken, seafood and vegetables at your table over a smokeless grill. Remember to save room for s'mores! Lunch Wed.–Sun., dinner nightly, until midnight Fri. and Sat. **Victoria Gardens, 7893 Monet Ave., (909) 899-4748**

■ **Haandi**
The tandoori baked items shine at this Northern Indian restaurant. Lunch and dinner daily, lunchtime buffet, brunch Sat. and Sun. **7890 Haven Ave., (909) 581-1951**

■ **Harry's Pacific Grill**
Latin, Asian, Island and California styles come together in the casual-fine "East meets West" menu. Dinner nightly, lunch Sat., brunch Sun. **Victoria Gardens, 8009 Day Creek Blvd, (909) 463-1400**

■ **Magic Lamp Inn**
The atmosphere of this "Route 66" legend evokes a feeling of yesteryear, but the steakhouse menu keeps up with the times, complemented by an award-winning wine list. Lunch Tues.–Fri., dinner Tues.–Sun. Reservations recommended. **8189 Foothill Blvd., (909) 981-8659**

■ **Omaha Jack's Grillhouse & Brewery**
This midwestern-themed family restaurant, located in the former Masi Family Winery building, takes pride in its award-winning micro brews. Lunch and dinner daily. **11837 Foothill Blvd., (909) 477-4377**

■ **Paisano**
Chef Anthony Russo still serves the same hearty and innovative Italian cuisine that he did at his former location in Fontana. Lunch and dinner daily. **Victoria Gardens, 12574 N. Main St., (909) 803-8777**

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THE GUIDE

Redhill BBQ
Filled with memorabilia from the Lone Star State and Dallas Cowboys, the small dining room is the place for Texas-style barbecue that's big on taste. Lunch and dinner daily. **8111 Foothill Blvd., (909) 920-0558**

Richie's Real American Diner
Relive the good ol' days with an extensive menu of classic American favorites. Breakfast, lunch and dinner daily. **Victoria Gardens, 8039 Monet Ave., (909) 899-8101**

Salsitas Mexican Grill
This family Mexican restaurant serves traditional fare, seafood, homemade tamales and hot fresh tortillas. Lunch Mon.–Sat., dinner nightly, brunch Sunday. **10540 Baseline, (909) 948-1158**

Sycamore Inn
This legendary restaurant since 1848 is now the place for a fine steak and an aged bottle of wine from the prodigious cellar. Dinner nightly. Reservations recommended. **8318 Foothill Blvd., (909) 982-1104**

REDLANDS AREA
Calimesa, Loma Linda, Mentone, Redlands, Yucaipa

Benjarong
Chefs from the former Rama Garden prepare authentic Thai cuisine. Lunch and dinner daily. **1001 Park Ave., Redlands, (909) 792-3235**

Canton Bistro
This modern Asian fusion restaurant serves both Japanese and Chinese cuisine. Lunch and dinner daily. **9980 Alabama St., Redlands, (909) 335-6688**

Casa Maya
This perennial favorite dishes up authentic Yucatan cuisine, award-winning tacos, and the best corn tortillas around. Lunch and dinner daily. **1839 Mentone Blvd., Mentone, (909) 794-7458**

Eureka! Burger
You'll find creative takes on burgers, sandwiches and salads—along with craft beers and boutique wines—at this innovative restaurant with an upscale vibe. Lunch and dinner daily. **345 Pearl Ave., Suite 130, Redlands, (909) 335-5700**

Famous Dave's
Award-winning barbecue ribs and hickory-smoked meats highight the menu of this casual, family-friendly restaurant. Lunch and dinner daily. **27500 Lugonia Ave., Redlands, (909) 792-4151**

Farm Artisan Foods
Chef-Owner Roberto Argentina takes diners on a Modern American culinary journey with locally produced ingredients and wine pairings. Lunch Mon.–Sat., dinner nightly. Reservations recommended. **22 E. State St., Redlands, (909) 792-1162**

The Gourmet Pizza Shoppe
Be traditional or creative—the menu lists more than 65 house pizzas and 120 toppings if you'd prefer to design your own. Hand-crafted ales quench your thirst. Lunch & dinner Tues.–Sun. **120 E. State St., Redlands, (909) 792-3313; 13661 Calimesa Blvd., Yucaipa, (909) 795-8000**

Isabella's Ristorante Italiano
This Northern Italian restaurant has a loyal following for its classic cuisine and atmosphere. Lunch Mon.–Fri., dinner nightly in Redlands; dinner Tues.–Sun. in Calimesa. **330 N. 6th St., Redlands, (909) 792-2767; 534 Myrtlewood Drive, Calimesa, (909) 795-3700**

Las Fuentes Mexican Grill
South-of-the-border fare is served in a Mexican village atmosphere. Lunch and dinner daily, brunch Sunday. **336 N. Eureka St., Redlands, (909) 798-0900**

Mikan
This trendy Asian restaurant offers a sushi bar, formal dining room, and teppan grills. Lunch Mon.–Sat., dinner nightly. Reservations recommended. **Gateway Plaza, 345 W. Pearl Ave., Redlands, (909) 798-6300**

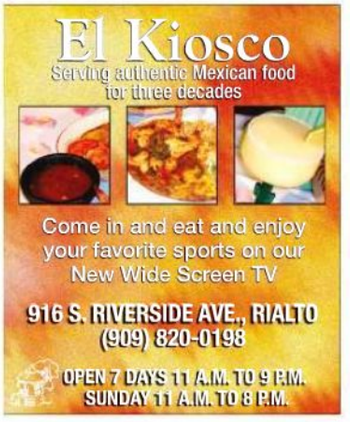
Mu
Contemporary Thai dining takes a health-conscious approach. Lunch Mon.– Fri., dinner nightly. **309 W. State St., Redlands, (909) 798-7747**

Napoli
Classic Northern Italian fare is served in an atmosphere reminiscent of the old-school Italian restaurants of the '50s. Lunch and dinner daily. **24960 Redlands Blvd., Loma Linda, (909) 796-3770**

Restaurant of Joe Greensleeves
At this downtown legend for fine American grill dining, owner-chef Umberto Orlando presents meat, seafood and pasta with Italian influences. Lunch Mon.–Fri., dinner Mon.–Sat. Reservations recommended. **220 N. Orange St., Redlands, (909) 792-6969**

Rosa Maria's
Hand dipped rellenos, homemade tortillas and the signature garbage burrito are attractions at this casual Mexican eatery. Lunch and dinner Mon.–Sat. **1154 Brookside Ave., (909) 307-9077**

Sushi Kimo
An intimate place for Japanese dishes and sushi. **501 W. Redlands Blvd., #K, Redlands, (909) 792-0781**



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Tartan of Redlands
The 1960s-style decor with dim lighting, red booths and a fire pit sets the mood for classic American dining. Lunch and dinner Mon.–Sat. **24 E. Redlands Blvd., Redlands, (909) 792-9919**

RIVERSIDE AREA
Moreno Valley, Riverside

Anchos Southwest Grill & Bar
Watch as tortillas are pressed and cooked in the centerpiece tortilla machine, then savor these hot, fresh delights with such dishes as mesquite-grilled meats and seafood, Texas-style fajitas and New Mexican enchiladas. Lunch and dinner daily. **10773 Hole Ave., Riverside, (951) 352-0240**

Antone's Italian Food
Celebrating 45 years, this Magnolia Center lunch spot is home of the famous "Mafia" grinder served on bread that's baked fresh daily. Spaghetti, pizza, salads and other grinder varieties round out the menu. Mon.–Sat. 10 a.m. to 3:30 p.m. and some evenings (call for details). **6487 Brockton Ave., Riverside, (951) 682-5900**

Bella Trattoria Italian Bistro
Find a table under the arches of the Mission Inn for leisurely sidewalk dining, a glass of wine, and people watching. Lunch and dinner Tues.–Sat. **Mission Inn Hotel & Spa, 3649 Mission Inn Ave., Riverside, 1-888-326-4448**

Cafe Sevilla
Combining a superb tapas bar, casually-romantic restaurant and hot nightclub, Sevilla dishes up Spanish cuisine and live entertainment. Dinner nightly, brunch Sunday. **3252 Mission Inn Ave., Riverside, (951) 778-0611**

Cask 'n Cleaver Steakhouse
Founded in 1967 in the vineyards of Cucamonga, this local legend is known for its midwestern corn-fed beef, meat-friendly wines and convivial atmosphere. Dinner nightly, lunch Mon.–Fri. **1333 University Ave., Riverside, (951) 682-4580**

Chicago Pasta House
Pizza lovers come from near and far for Dino Migliori's award-winning stuffed pizza. Lunch and dinner daily. **24667 Sunnymead Blvd., Moreno Valley, (951) 924-5777**

Ciao Bella
Dine indoors or on the patio at this modern Italian restaurant with a wine & martini lounge. Visit CiaoBellaRiverside.com for live entertainment dates. Lunch Mon.–Fri., dinner Mon.–Sat. Reservations recommended. **1630 Spruce St. (at Chicago), Riverside, (951) 781-8840**

Creola's Restaurant
For 16 years, owner Creola Riley has served good, old-fashioned American and continental home cooking in a comfortable country French atmosphere. Dinner Wed.–Sun. **1015 E. Alessandro Blvd., Riverside, (951) 653-8150**

Crescent Jewell
Cajun and Creole standards are served in an environment reminiscent of a New Orleans jazz supper club. Lunch and dinner daily, brunch Sunday. **3597 Main St., Riverside, (951) 684-1000**

Duane's Prime Steaks & Seafood
The Mission Inn's AAA Four Diamond steakhouse offers classic surf & turf and a prodigious wine list in a posh clubhouse ambiance. Dinner Mon.–Sat. Reservations recommended. **3649 Mission Inn Ave., Riverside, 1-888-326-4448**

Famous Joe's Italian Kitchen & Jazz Club
Known for years as Original Joe's, the new owners have kept the legendary restaurant's popular menu selections but added a lounge and entertainment. Lunch and dinner daily. **Woodcrest Plaza Center, 17136 Van Buren Blvd., Riverside, (951) 780-9874**

Gra-Pow
Owner-chef Patrick Sura is a local legend for his Thai and Asian dishes. Lunch and dinner daily. **Mission Grove Plaza, 497 Alessandro Blvd., Riverside, (951) 780-1132**

Killarney's Restaurant & Irish Pub
The interior shipped from Ireland sets the mood for Irish fare, American dishes, and several beers on tap. Lunch and dinner daily. **Riverside Plaza, 3639 Riverside Plaza Drive, Riverside, (951) 682-2933**

Las Campanas
The outdoor courtyard of the Mission Inn creates a lovely setting for upscale Mexican cuisine and margaritas. Lunch Mon.–Sat., dinner nightly. **Mission Inn Hotel and Spa, 3649 Mission Inn Ave., Riverside, 1-888-326-4448**

Lounge Thirty-Three
This cosmopolitan lounge is a Plaza hotspot for martinis, music and casual dining fare. Daily 3 p.m. to 2 a.m. **3639 Riverside Plaza Drive, Riverside, (951) 784-4433**

Mario's Place
No restaurant in the area offers more inventive food than Leone, Andrea and Arrigo Palagi's iconic Northern Italian restaurant. Lunch Thurs. and Fri., dinner Mon.–Sat. Reservations recommended. **3646 Mission Inn Ave., Riverside, (951) 684-7755**

Market Broiler
The menu of this seafood restaurant features a daily fresh fish list, mesquite broiled entrees, combinations, and dishes for non-seafood eaters. Lunch and dinner daily. **3525 Merrill Ave., Riverside, (951) 276-9007**

Mission Inn Restaurant & Spanish Patio
With its grand architecture and romantic patio, the Mission Inn's signature restaurant is a favorite for relaxed dining. Breakfast daily, brunch Sunday, lunch Mon.–Sat., dinner nightly. Reservations recommended. **3649 Mission Inn Ave., Riverside, 1-888-326-4448**

Monark Asian Bistro
For 18 years, this popular restaurant was known as the Little Emperor—but the Little Emperor has grown up. Both the decor and menu have been updated and refined. Lunch and dinner daily. **Canyon Crest Towne Centre, 5225 Canyon Crest Dr., #64, Riverside, (951) 683-1073**

Ooka Sushi & Hibachi Steak
The Plaza's contemporary Japanese restaurant offers teppan tables, a formal dining area, and sushi bar. Lunch Mon.–Sat., dinner nightly. **Riverside Plaza, 3525 Riverside Plaza, Riverside, (951) 779-0099**

Olio
The Riverside Marriott's restaurant serves Northern Italian cuisine with an eclectic California twist. Breakfast, lunch and dinner. **3400 Market St., Riverside, (951) 784-8000**

Olivia's Mexican Restaurant
Steak picado, sizzling fajitas, and carne asada are among the diner favorites at this family-run restaurant since 1978. Breakfast, lunch and dinner daily. Parking in the rear. **9447 Magnolia Ave., Riverside, (951) 689-2131**

Original Roadhouse Grill
This American family steakhouse offers peanuts served in buckets, country music and classic rock on the jukebox, and a menu of beef and beyond. Lunch and dinner daily. **3838 Tyler St., Riverside, (951) 509-9340**

Pepitos
Mexican fare is served in a colorful cantina atmosphere at this landmark restaurant on the triangle corner of Central, Brockton and Magnolia avenues. Ask about the tequila lounge on Friday evenings. Lunch & dinner daily. **6539 Magnolia Ave., Riverside, (951) 788-2652**

Smokey Canyon BBQ
The owners traveled the BBQ belt of the U.S. to bring the best in Southern barbecue to the table. Lunch daily, dinner Tues.–Sun. **Canyon Crest Towne Centre, 5225 Canyon Crest Dr., Riverside, (951) 782-8808**

Table For Two
Authentic Thai cuisine and a sleek decor distinguish this casual-fine restaurant located across the street from the Riverside Plaza. Lunch and dinner daily. **3600 Central Ave., Riverside, (951) 683-3648**

SAN BERNARDINO AREA
Colton, Fontana, Grand Terrace, Highland, Rialto, San Bernardino

Alfredo's Pizza & Pasta
Since 1979, Southern Italian comfort foods have been served at this classic checkered tablecloth Italian restaurant and pizzeria. Lunch and dinner daily. **251 W. Baseline Ave., San Bernardino, (909) 885-0218**

Bonello's New York Pizza
Stop by this place for sub sandwiches that easily feed two, New York style pizzas, and traditional pasta dishes. Lunch and dinner daily. **22413 Barton Road, Grand Terrace, (909) 825-9852**

The Castaway
Enjoy the view of city lights at this legend for romantic American dining. Dinner Tues.–Sun., brunch Sunday. Reservations recommended. **670 Kendall Drive, San Bernardino, (909) 881-1502**

El Kiosco
This longtime family-run Mexican restaurant has a loyal following for its traditional fare and homemade chile rellenos. Lunch and dinner daily. **916 S. Riverside Ave., Rialto, (909) 820-0198**

Jean's French Cuisine
Fifty years and counting, Jean Irola's charming restaurant still serves classic French cuisine and the best bouillabaisse in town on Fridays. Lunch Tues.–Fri., dinner Tues.–Sat. Reservations recommended. **592 N. La Cadena Blvd., Colton, (909) 825-0905**

Logan's Roadhouse
Dine on classic roadhouse fare while oldies rock the jukebox. Lunch and dinner daily. **13480 Baseline Ave. (at the 15 freeway), Fontana, (909) 463-2290**

Lotus Garden
This classically elegant Chinese restaurant offers an extensive menu of house specials, traditional entrees and family dinners. Lunch and dinner daily. **111 E. Hospitality Lane, San Bernrdino, (909) 381-6171**

Manhattan Grill
The Hilton's restaurant offers classic American grill dishes and California wines. Breakfast, lunch, dinner, Sunday brunch. **Hilton San Bernardino, 285 E. Hospitality Lane, San Bernardino, (909) 889-0133, ext. 7930**

The Pines
San Manuel's trendy steakhouse serves Niman Ranch beef, free range chicken and fresh seafood. Dinner Wed.–Sun. Reservations recommended. **San Manuel Indian Bingo and Casino, 777 San Manuel Blvd., Highland, (909) 425-4889**

Rosa Maria's
Hand dipped rellenos, homemade tortillas and the signature garbage burrito attract diners to this casual Mexican eatery. Lunch and dinner Mon.–Sat. **13451 Base Line, Fontana, (909) 463-3882; 7275 Boulder Ave., Highland, (909) 862-5762; 4202 N. Sierra Way, San Bernardino, (909) 881-1731**

Sayaka
This quietly elegant Japanese restaurant/sushi bar has one of the longest successful track records in the I.E. Lunch Mon.–Fri., dinner nightly. **1060 S. Mt. Vernon Ave., Colton, (909) 824-6958**

Two Guys Pasta & Pizza
House specialties made with fresh dough and sauces make this casual eatery a choice for Italian comfort foods. Lunch and dinner daily. **2566 E. Highland Ave., Highland, (909) 862-7700**

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THE GUIDE

TEMECULA VALLEY

Lake Elsinore, Murrieta, Temecula, Wildomar

Baily's Fine Dining
This elegant Old Town landmark serves California and continental cuisine. Dinner nightly. Reservations recommended. **28699 Old Town Front St., Temecula, (951) 676-9567**

The Bank
You can bank on Mexican staples being served in the historic First National Bank of Temecula building. Lunch and dinner daily, breakfast Saturday and Sunday. **28645 Old Town Front St., Temecula, (951) 676-6160**

Blazing Noodles
Pechanga's Pan-Asian restaurant serves dishes from Thailand, China, Japan and India. Lunch and dinner daily, dim sum Sat. and Sun. 10 a.m. to 3 p.m. **Pechanga Resort & Casino, 45000 Pechanga Pkwy., Temecula, 1-877-711-2946**

Café Champagne
Thornton Winery's restaurant is a perennial favorite for Chef Steve Pickell's contemporary fusion cuisine. Lunch and dinner daily. Reservations recommended. **32575 Rancho California Road, Temecula, (951) 699-0099**

D'Canters Wine Bar & Grill
Contemporary American cuisine with flavors of New Orleans is served in an upscale casual atmosphere. Lunch and dinner daily, brunch Sun. Call for reservations. **32100 Clinton Keith Rd., Wildomar, (951) 678-2828**

The Edge
This intimate restaurant offers creative New American cuisine. Lunch Fri., Sat. and Sun., dinner nightly, brunch Sat. and Sun., late night dining. Call for reservations. **28544 Old Town Front St., Temecula, (951) 506-3343**

Fish House Vera Cruz
One of the finest fish houses in Southern California, the fresh fish selection hails from all over the world and includes varieties grilled over mesquite. Lunch and dinner daily. **26700 Ynez Road, Temecula, (951) 506-2899**

Front Street Bar & Grill
This casual eatery is an Old Town landmark for burgers, barbecue, pizza and steaks. Lunch and dinner daily. **28699 Old Town Front St., Temecula, (951) 676-9567**

Gourmet Italia
The owner was born and raised in Sicily, and serves his family's authentic recipes and other dishes. Lunch and dinner Tues.–Sun. **27499 Ynez Road, Temecula, (951) 676-9194**

Great Oak Steakhouse
Dine on premium steaks, specialty meats and fresh seafood at Pechanga's fine-dining steakhouse. The wine list has more than 900 selections. Dinner nightly. Reservations recommended. **Pechanga Resort & Casino, 45000 Pechanga Pkwy., Temecula, 1-877-711-2946**

Harry's Pacific Grill
Latin, Asian, Island and California styles combine in the casual-fine "East meets West" menu. Dinner nightly, lunch Sat., brunch Sun. **41577 Margarita Rd., Temecula, (951) 699-8006**

Journey's End
Stop by the elegant clubhouse at Pechanga's world-class golf course for daytime dining. Breakfast and lunch daily, brunch Sunday. **Pechanga Resort and Casino, 45000 Pechanga Parkway, Temecula, (951) 770-8208**

Kelsey's
Pechanga's two-story restaurant/lounge dishes up ale house-inspired pizzas, burgers, steaks and ribs. Lunch and dinner daily. **Pechanga Resort and Casino, 45000 Pechanga Pkwy., Temecula, 1-877-711-2946**

Killarney's Restaurant and Irish Pub
The interior shipped from Ireland sets the mood for Irish fare, American dishes, and several beers on tap. Lunch and dinner daily, late night dining. **32475 Hwy. 79 South, Temecula, (951) 302-8338**

Meritage at Callaway
Chef Michael Henry's wine-paired cuisine is served on the terrace with a view of the vineyard. Lunch daily, dinner Fri. and Sat. **Callaway Vineyard & Winery, 32720 Rancho California Road, Temecula, (951) 587-8889**

Original Roadhouse Grill
This American family steakhouse offers peanuts served in buckets, country music and classic rock on the jukebox, and a menu of beef and beyond. Lunch and dinner daily. **26440 Ynez Road, Temecula, (951) 719-3389**

Paisano's
A quaint Italian village atmosphere sets the mood for regional Italian fare and Italian wines. Dinner Fri.–Tues. **Pechanga Resort & Casino, 45000 Pechanga Parkway, Temecula, 1-877-711-2946**

Pechanga Buffet
Join the line for traditional buffet fare daily, plus a steak & seafood extravaganza on Friday and a BBQ dinner on Saturday. Lunch and dinner daily, brunch Saturday and Sunday **Pechanga Resort & Casino, 45000 Pechanga Pkwy., Temecula, 1-877-711-2946**

The Pinnacle
Enjoy the hilltop view of the surrounding vineyards while dining on American/Mediterranean luncheon fare and award-winning wines. Lunch daily. **Falkner Winery, 40620 Calle Contento, Temecula, (951) 676-8231**

Raviolis Italian Bistro
Owner-Chef Giuseppe Di Gristina hails from just outside of Naples, and his menu is chock full of ravioli specialties and other Italian dishes. Lunch and dinner daily. **123 N. Main St., Lake Elsinore, (951) 245-7242**

Richie's Real American Diner
Relive the good ol' days with an extensive menu of classic American favorites. Breakfast, lunch and dinner daily. **40651 Murrieta Hot Springs Rd., Murrieta, (951) 696-5504; 32150 Temecula Parkway, Temecula, (951) 302-1448**

Rodrigo's Mexican Grill
The tastes of old and modern Mexico are served in an upbeat environment with a rustic Mexican village feel. Lunch and dinner daily, brunch Sun. **39562 Winchester Rd., Temecula, (951) 506-4191**

The Seafood Grotto
Pechanga's seafood restaurant serves dishes ranging from classic to modern, casual to elegant. Dinner Wed.–Sun. **Pechanga Resort and Casino, 45000 Pechanga Pkwy., Temecula, 1-877-711-2946**

Smokehouse Restaurant
Savor wine country cuisine on the Ponte Winery veranda with a view of the vineyards. Lunch daily, dinner Fri. & Sat., brunch Sunday. Reservations recommended. **35053 Rancho California Rd., Temecula, (951) 252-1770**

Sweet Lumpy's BBQ
Old Town wouldn't be complete without the great taste of homestyle barbecue. Lunch daily, dinner Tues.–Sun. **41915 3rd St., Temecula, (951) 694-4227**

Temet Grill
Temecula Creek Inn's signature restaurant serves wine country cuisine with a view of the golf course. Breakfast, lunch and dinner daily, brunch Sunday. **44501 Rainbow Canyon Road, Temecula, (951) 587-1465**

Texas Lil's Mesquite Grill
Hungry meat lovers come to this Old Town restaurant for its hearty offerings. Lunch and dinner. **28495 Old Town Front St., Temecula, (951) 699-5457**

Texas Loosey's Chili Parlor & Saloon
Chili tamales, sizzling fajitas, and Santa Maria tri tip are among the offerings at this western-themed eatery. Lunch and dinner daily. **27483 Ynez Rd., Temecula, (951) 694-8119**

Vail Ranch Steakhouse
Menu selections include dry aged prime steaks, seafood, chops, chicken and lamb. Lunch Mon.–Sat., dinner nightly, brunch Sunday. Reservations recommended. **27600 Jefferson Ave., Temecula, (951) 694-1475.**

Vallée d'Brume Bakery & Cafe
Stop by for good smells and good eats at this European-style bakery and cafe. Breakfast and lunch daily. **41413 Margarita Road, #K-101, Temecula, (951) 491-0930**

Vineyard Rose
South Coast Winery's signature restaurant serves Mediterranean-style fare in the dining room and on the outdoor terrace with a view of the vineyards. Breakfast, lunch and dinner daily, brunch Sunday. Reservations recommended. **34843 Rancho California Road, Temecula, (951) 587-9463**

UPLAND

Christophe's Restaurant & Lounge
Chef-owner Christophe Jardillier serves fine steaks, fresh seafood, and classic French and continental dishes, complemented by an extensive wine and martini list. Lunch and dinner Tues.–Sun.. Reservations recommended. **296 N. 2nd Ave., (909) 256-4327**

Claro's Italian Market & Deli
Family-run since 1948, this mother of all Italian delis serves hot and cold subs on homemade breads, and the market stocks everything you'll need for an Italian feast. Open daily except Wed. **1655 N. Mountain Ave., (909) 946-2689. (Also located in San Gabriel, Arcadia, La Habra, Tustin and Covina)**

The Heights Restaurant & Bar
This new restaurant offers family-oriented American dining, including steaks, ribs, seafood and chicken. Lunch and dinner daily. **1883 N. Campus Ave., (909) 981-3663**

JD Allison's Bar & Grill
Dine on casual favorites in an atmosphere with flat-screen TVs, old advertisements, and a framed Tommy Lasorda autograph. Lunch and dinner daily. **291 North 2nd Ave., (909) 982-4469**

Mi Ranchito
Lobster tacos, fajitas tres sabores, sirloin steak picado and camarones a la diabla are among the specialties at this long-time Mexican restaurant. Breakfast, lunch and dinner daily. **152 W. Foothill Blvd., (909) 949-1633**

Spaggi's
Owner/chef Henry Gonzalez spared no expense in creating a comfortably elegant showcase for his modern and classic regional Italian dishes. Lunch Mon.–Fri., dinner nightly. Reservations recommended. **1651 W. Foothill Blvd., (909) 579-0497**

Tango Baires
Authentic Argentinean dishes here include parrillada (BBQ), steaks, pizzas, pastas and empanadas. Lunch and dinner daily, breakfast Sat. and Sun. **870 E. Foothill Blvd., #2, (909) 985-6800**

VICTORVILLE

Original Roadhouse Grill
This American family steakhouse offers peanuts served in buckets, country music and classic rock on the jukebox, and a menu of beef and beyond. Lunch and dinner daily. **11940 Amargosa Road, (760) 949-2308**

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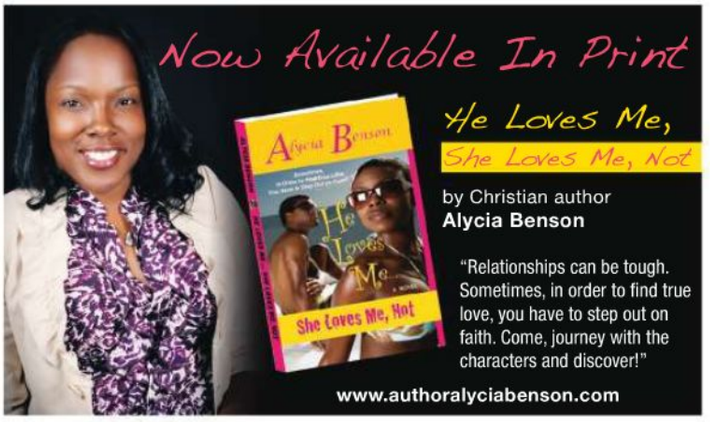

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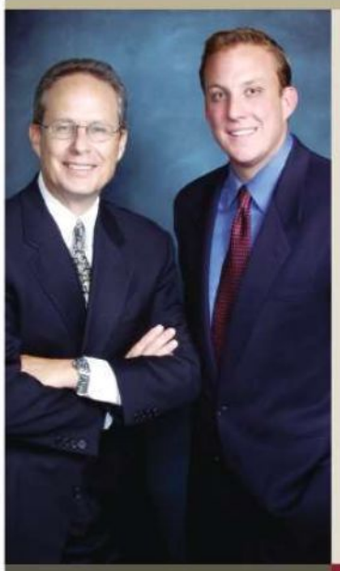

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GM HIGHLIGHTS

Nothing speaks of American ingenuity and innovation like General Motors. Whether it's the all-new Chevy Volt, set to go on sale in 2011, or the iconic Chevy Camaro that continues to be the focal point at every auto show across the country, one thing remains the same – General Motors is America's car company and continues to be the leader in MPG with more cars achieving 30 mpg or better.

The Inland Empire Auto Show is again proud to welcome General Motors back to the Ontario Convention Center. With more cars to showcase than ever, you will surely see Chevy, Cadillac and GMC strutting its stuff this year.

You can also expect to see the Chevy Cruze, Aveo and Camaro, along with the all-new Buick Regal at the IE Auto Show. Even Cadillac, which still remains America's luxury leader due to its highly popular CTS and Escalade will grace the show floor.

For the first time, General Motors will be offering consumers with the ultimate driving experience by providing consumers with the opportunity to drive their favorite General Motors car or truck.

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Check Out the Veggie Oil Car - Appearing all weekend, this re-designed Mercedes automobile runs completely on vegetable oil. It's called The Green Machine and runs on 100% waste veggie oil and bio fuel. It's the fastest veggie car in America and can break 100 miles an hour. It's truly a unique concept automobile. Owner Spencer Brown will be on hand to answer any questions about this one of a kind vehicle!

Homemade All-Electrical VW - Meet John Snyder. John single-handedly built his own All-Electric VW! John will explain his concept from start to finish. Don't miss the ideas, inspiration and drive!

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CONCEPT CARS

Concepts and Customization vehicles are always the main attraction at an auto show.

Auto makers use concepts to gauge consumer feedback on future production models and often the consumer will be in the driver's seat with regards to whether a concept actually makes it to market or not.

The automotive aftermarket vehicles are also a highlight for an auto show and work to give consumers the opportunity to see what kinds of customization they can do to their current vehicles.

Over the past few years, the Inland Empire Auto Show has featured some impressive concepts and customized vehicles, from the Dodge Challenger in 2007 to the West Coast Customs-built Shaquille O'Neal Dunkman Truck.

This year the IE Auto Show expects to highlight even more new customized and concepts. Look for more news on what vehicles will be showcased as the show draws nearer.

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Sudoku

By The Mepham Group

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9.

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Answer on Page 122

			5				6	
		5		8		3	4	2
1	3							9
			2	5	1			
4								1
			9	7	4			
3							7	4
8	2	1		9		5		
	7				3			

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AUG.

Friendships, relationships, and confidential matters are in the stars for August. **By Christine Davison**

CHARLIZE THERON
Aug. 7

AUGUST ALMANAC:

Happy Birthday Leo! Fiery Leos are known for their benevolence, popularity, strength, creativity, and courageous leadership. Many Leos have shining teeth, dazzling personalities, and luxurious hair. Mercury enters a retrograde path around the 19th, making the last part of August a time of misunderstandings and missteps. It may, however, be a good month to re-do, readdress, re-examine, recall, recollect, and resolve.

ARIES MARCH 21–APRIL 20
Trials and tribulations may help you to find your true path. You are in store for changes and news. Lunar aspects make the 9th, 10th, and 11th good times to begin projects and relationships, and make the 23rd, 24th, and 25th times of reward and completion. Your best days will be the 1st, 2nd, 27th, 28th and 29th.

TAURUS APRIL 21–MAY 21
If you're concerned about how someone you know has been acting lately, then talk with their family about it. Lunar aspects make the 9th, 10th and 11th good times to begin projects and relationships, and make the 23rd, 24th and 25th times of reward and completion. Your best days are the 2nd, 3rd, 4th, 29th, 30th and 31st.

GEMINI MAY 22–JUNE 21
Following through with promises and advice may help you in more ways than you could have dreamed. Be prepared for an adventure! Lunar aspects make the 9th, 10th and 11th good times to begin projects and relationships, and make the 23rd, 24th, and 25th times of reward and completion. Your best days are the 4th, 5th or 6th.

CANCER JUNE 22–JULY 23
You are sensitive and strong, and you may be called upon to be a confidante for someone you care about. Lunar aspects make the 9th, 10th and 11th good times to begin projects, plans, and relationships, and make the 23rd, 24th and 25th times of reward, love, and completion. Your best days will be the 6th, 7th, and 8th.

LEO JULY 24–AUG. 23
If you are looking to find someone new to admire and love, then you are looking in the right places! Expect gifts. Lunar aspects make the 9th, 10th and 11th good times to begin projects and relationships, and make the 23rd, 24th and 25th times of reward and completion. Your best days this month will be the 8th, 9th and 10th.

VIRGO AUG. 24–SEPT. 23
Beauty is in the eye of the beholder. Try to avoid criticisms if they aren't warranted. Give hugs and kisses. Lunar aspects make the 9th, 10th and 11th good times to begin projects and relationships, and make the 23rd, 24th, and 25th times of reward and completion. Your best days this month will be the 10th, 11th, and 12th.

LIBRA SEPT. 24–OCT. 23
A close friend may ask for your help or advice. Spend time hosting parties or traveling. Love looms large! Lunar aspects make the 9th, 10th and 11th good times to begin projects and relationships, and make the 23rd, 24th, and 25th times of reward and completion. Your best days this month will be the 13th, 14th and 15th.

SCORPIO OCT. 24–NOV. 22
Someone close to you may remind you about something from your childhood. Family comes first, but so does the past. Lunar aspects make the 9th, 10th and 11th good times to begin projects and relationships, and make the 23rd, 24th and 25th times of reward and completion. Your best days will be the 15th, 16th and 17th.

SAGITTARIUS NOV. 23–DEC. 21
Someone may have a secret to share. Enjoy gossip and juicy details, but don't let mysteries make you paranoid! Lunar aspects make the 9th, 10th and 11th good times to begin projects and relationships, and make the 23rd, 24th and 25th times of reward and completion. Your best days will be the 17th, 18th, and 19th.

CAPRICORN DEC. 22–JAN. 20
If you are jealous of someone, you don't need to cause any problems! Take the higher road and be inspired, instead! Lunar aspects make the 9th, 10th, and 11th good times to begin projects and relationships, and make the 23rd, 24th and 25th times of reward and completion. Your best days are the 19th, 20th, 21st and 22nd.

AQUARIUS JAN. 21–FEB. 19
The tried and true path may leave you cold, but this month might be a good time to try traditional things. Lunar aspects make the 9th, 10th, and 11th good times to begin projects and relationships, and make the 23rd, 24th and 25th times of reward and completion. Your best days will be the 22nd, 23rd and 24th.

PISCES FEB. 20–MARCH 20
Focusing on what brought you joy in the past may help you to rediscover what's most important now. Lunar aspects make the 9th, 10th and 11th good times to begin projects and relationships, and make the 23rd, 24th and 25th times of reward and completion. Your best days this month are the 24th, 25th, 26th and 27th.

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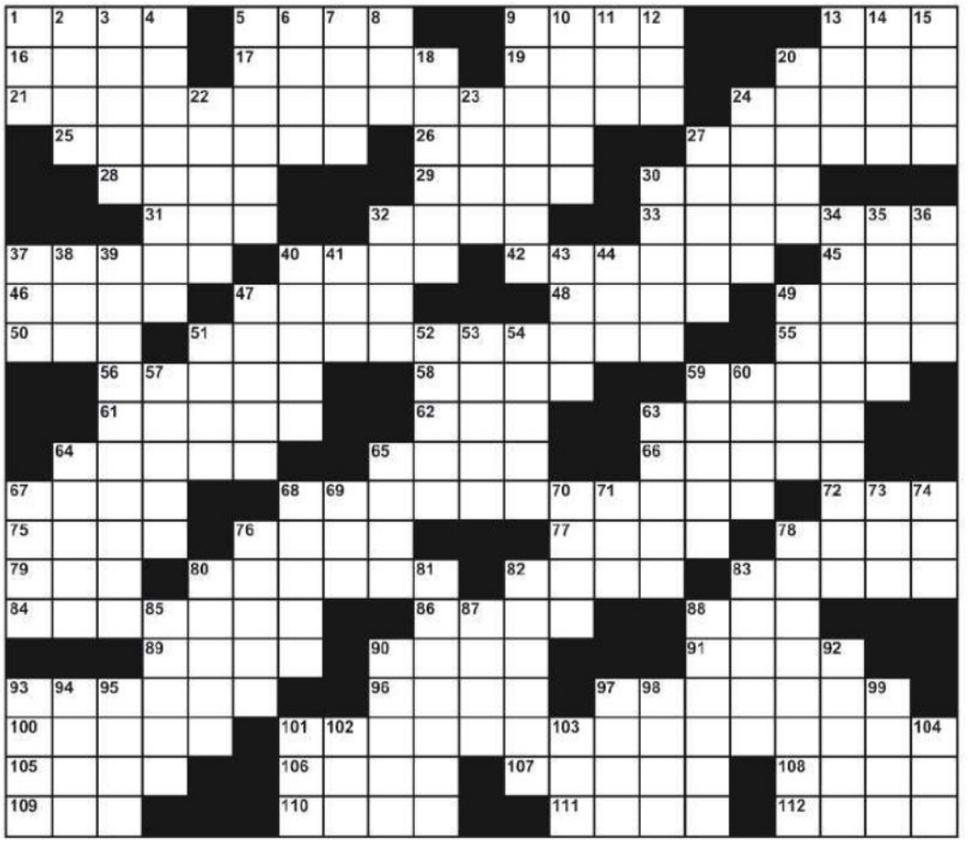
AUGUST SHOW BIZ

BY LINDA & CHARLES PRESTON



ACROSS

1 Fake
5 Taunt
9 Floor pads
13 Taxing grp.
16 Soccer star
17 Bombeck namesakes
19 Singing brothers
20 DC office
21 Beatles movie
24 Quench
25 Small shot
26 Sciences' partners
27 Poet Sir Phillip ___
28 Coward
29 Portuguese coins
30 Roofing piece
31 Its cap. is Madison
32 Laurel
33 Juicy fruits
37 Actor Buddy ___
40 Belfry residents
42 Fair portions
45 Simple sugar
46 Miller's "In the ___"
47 Queen of Sparta
48 River islets
49 Very small amount
50 Many ages
51 Ella and Barry
55 Singles
56 Tilting match
58 Ivy League school
59 Gulps
61 Ms. Astaire
62 Verbal ending
63 Gale
64 Although
65 Leg joint
66 Orderly arrangement
67 Mars
68 "Porgy and Bess" lyricist
72 Married
75 Fuzz
76 Ill-mannered child
77 Young bird's sound
78 Destiny
79 New Zealand tribe
80 Illegal acts
82 Basketball star Larry ___
83 Faithful
84 Sewing devices
86 Slant
88 Greek letter
89 Impetuous
90 New Zealand weapon
91 Breakers
93 Dense growth of trees
96 Unique person
97 Sound reproduction systems
100 Divas' solos
101 Film superstar
105 Walked on
106 Arizona city
107 Pigs' palaces
108 One: Ger.
109 Before Sun.
110 ___ Agnes, Thérèse
111 NA Indian tribe
112 Lassie and friends

DOWN

1 007, e.g.
2 Uriah ___
3 Gracie or Steve
4 Matured
5 Gems
6 Former former
7 Big birds
8 Jewish title
9 Mary and Dean
10 Out of place
11 Bo Derek's number
12 Naut. dir.
13 Russian czar
14 Yard tool
15 Weaver's reed
18 Hurts a bit
20 Ancient
22 Oily liquid
23 Bell's code
24 "___ Marner"
27 Fathers
30 Legal errors
32 Kind of party
34 1944 Bing Crosby movie
35 Kefauver
36 Notices
37 Uncle: Scots
38 Stadium sound
39 Actress and skater
40 Actress Davis
41 Cutting tool
43 Physically fit
44 Assist
47 Knitted fabric
49 Actress Shearer
51 Cars need it
52 Looking at
53 Rajah's wife
54 Horatio ___
57 Poet
59 Narrow piece
60 Tattered
63 Cut wood
64 Drop a line
65 Songbird Smith
67 Actor Ladd
68 Dublin natives
69 Sheep
70 Roasting rod
71 Feminine pronoun
73 Greek letter
74 Its cap. is Dover
76 French commercial port
78 Tropical fish
80 Set or group
81 Poem parts
82 Publicity notices
83 1944 Gene Tierney movie
85 Fear
87 Willow
88 Feared African fly
90 Stability
92 Manuscript
93 Minnesota or Waller
94 Odd: Scots
95 Life of the party
97 Cookbook direction
98 Classical "you"
99 Como's forte
101 German spa
102 Permit
103 And so forth: abbr.
104 Matter: law

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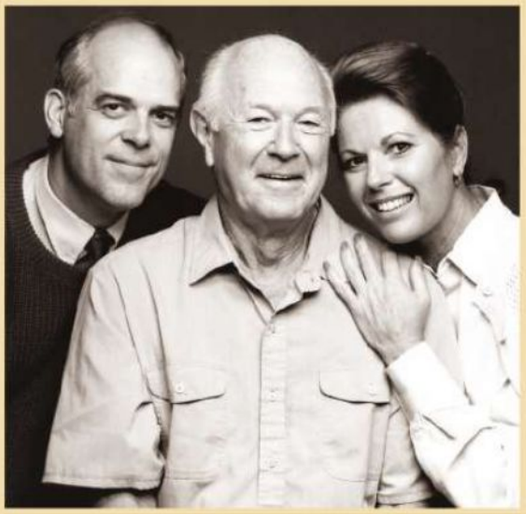

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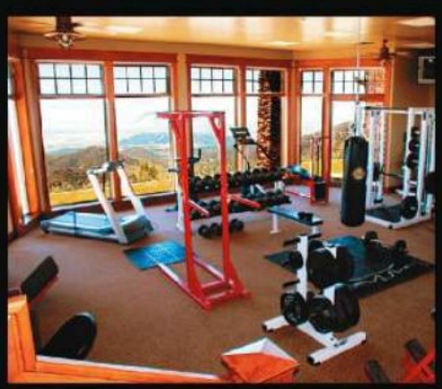

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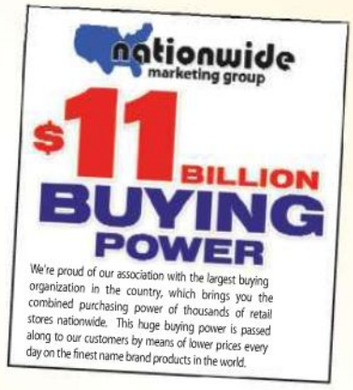

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5. Ask to go see homes under construction
6. Make sure your contractor has built custom homes before and not just remodels or additions
7. Ask your contractor how much supervision your job will get and will they meet with you to answer any questions throughout your job process at no extra cost
8. Beware of cost plus contracts, some contractors will change the quality of the products they bid to get the job
9. Specifications should always be given to you, check them thoroughly
10. Ask how change orders are handled and if there are mark ups on them

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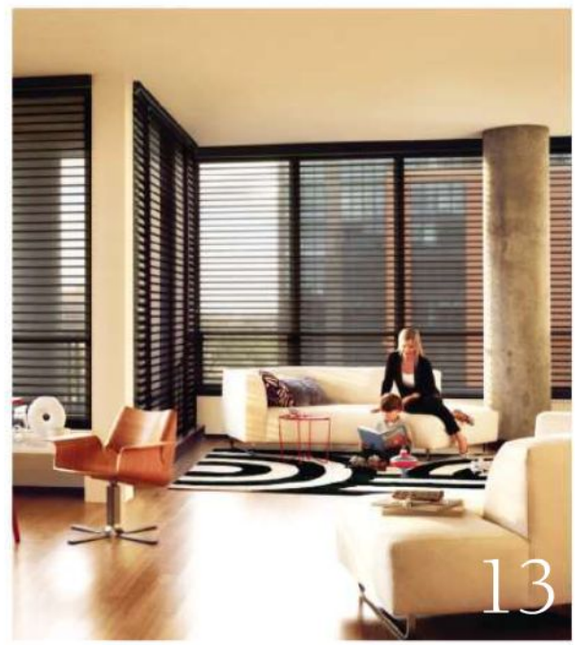

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FROM THE TOP

If anyone knows what it's like to go through a remodel, it's Bill Baldwin, co-founder of Hartman-Baldwin Design/Build in Claremont. Known for award-winning restorations and remodeling projects on other people's property, Baldwin found the shoe on the other foot when work was done in his own home. This month, he shares some thoughts on the process, offering insight from a personal perspective, as well as a professional one. He also gives some sound advice about home makeovers in general. If a full remodel isn't in your future but you need a change, we have some ideas for that, too. How about a new paint color for your

dining room? Or splurging on a cool new chair? Paint? Maybe a whole new look will come from updating your window treatments to let the light in. Marilyn Cremer of Designs by Marilyn in San Bernardino has ideas for every room in all kinds of situations. We hope these pages inspire you to tackle your own projects, turning your place into a house you can't wait to come home to.

Tammy Minn
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STYLE
inside and out

WINDOW PHOTOGRAPHY COURTESY OF HUNTER DOUGLAS

Top, Luminette Modern Draperies. Above, Sunscreen window shadings and Palm Beach Palmetto shutters, all by Hunter Douglas. At right, Marilyn Cremer.

PHOTOGRAPHY: AUBREY NOELLE

Fresh View

MAKE YOUR WINDOWS COME ALIVE WITH BLINDS AND MORE

Updating the look of your windows is a quick fix that can change the mood of a room and dressing up your windows has never been easier. Blinds, **shutters or shades** typically form the basis of the window treatment, says Marilyn Cremer, owner of **Designs by Marilyn** in San Bernardino. "They address privacy and sun control concerns," she adds. For that, a variety of options is available: wood blinds, shutters, and solar shades, for starters. "Natural woven shades add a lot of texture," she says. Cremer also uses **Adowrap**, a unique treatment that takes the place of sheers and drapes, allowing homeowners some versatility in their window treatments. As for color, Cremer's advice is to choose a palette "that makes you feel good, not what's popular at the moment," and build from there.

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Comfort Zone

A great chair does more than seat your guests. It might also say something about your style and, in some cases, your personality. Side chairs in particular are versatile. You can group them with a table to make a cozy spot for socializing or scoot one into a larger group for expanded seating. Unique chairs can stand alone as conversation pieces. To add chairs to a room, decide where the focal point is and then group your seating around it. Place sofas and chairs at right angles to each other to form a rectangle or a square around the focal point. Sofas and chairs should face each other to encourage conversation. Find empty walls or corners and liven them up with a side chair. Add a lamp and some plants and you've created an inviting spot.

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A well-placed chair can make a room. Top: Xavier chair; above center: Sera with ottoman; at left: Kendal leather wing chair with zebra print; at right: Kendal chair with custom upholstery. All from Lexington.

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Top right: Lila leather settee with custom upholstery; lower right: Wilshire leather chair; bottom left: Lila leather settee with custom upholstery; top left: Worth chair. All from Lexington.

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Our Favorite Things

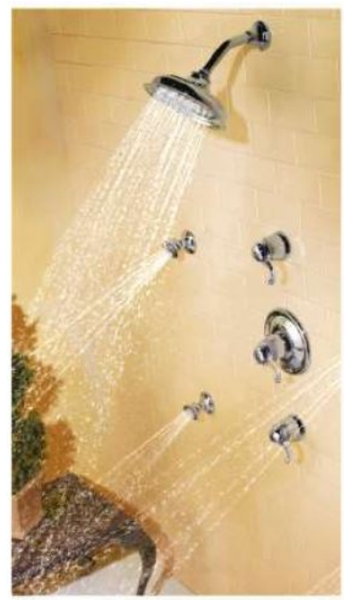
IT'S THE DETAILS THAT SET YOUR HOME APART. FROM FURNITURE TO FIXTURES TO ACCESSORIES, YOU'LL FIND WAYS TO PUT YOUR SIGNATURE ON YOUR SPACE.

Top Rocker

The Pasadena Rocker by David Moser, of **Thomas Moser Cabinetmakers**, earned the Best of Year award from Interior Design magazine in 2009. Moser set out to build a functional piece in the "studio" genre with rollover edges and flowing joints. The result is a stand-alone sculptural piece, satisfying the visual senses while offering comfort and long service. www.thosmoser.com

Work Station

Christopher Lowell's **Shore Mini Solutions** desk with hutch looks great while it organizes clutter. Antique black finish with rustic cherry accents. CPU area conceals your computer and the keyboard shelf slides away when not in use. The hutch is sold separately. Prices vary. See www.officedepot.com.



Spa Time

This vertical shower by **Moen** comes in several collections, including Savvy, which has a chrome finish. Moen's advanced, self-pressurizing Immersion rainshower technology channels water through the showerhead with three times more spray power than most rainshowers. www.moen.com

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Fine Faucets

The Waterhill collection by **Moen** features a high-arc spout that provides more clearance. Meets water conservation standards. www.moen.com

Book It

The Shore Mini Solutions Bookcase by **Christopher Lowell** stands 63 1/4 inches high by 29 1/2 inches wide and is 12 5/8 inches deep. Backed by the manufacturer's 5-year limited warranty, it comes with four shelves, three of which are adjustable. Detailing includes a beaded back-panel board. Christopher Lowell is an interior decorator and television personality. He has hosted "It's Christopher Lowell!" and the "Christopher Lowell Show," for which he won a Daytime Emmy Award in 2000, and "Work That Room with Christopher Lowell." He has written several books, including *The Seven Layers of Design*. The bookcase is sold at Office Depot, www.officedepot.com. For other products, see www.christopherlowell.com

Be Seated

The American Bungalow rocker by **Thomas Moser** is crafted in cherry with mortise-and-tenon joints throughout and a fully finished cherry back panel. The backrest is adjustable to four positions. www.thosmoser.com

Classic White

Available only at Z Gallerie, **Babylon** dinnerware starts out with bright white porcelain and finishes with bold scalloped edging around each piece. Prices vary. www.zgallerie.com

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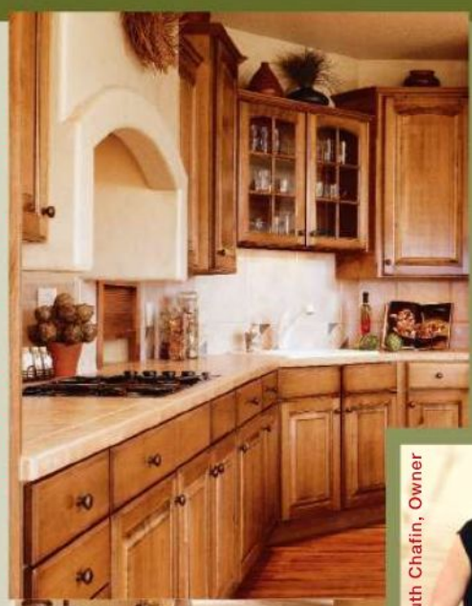

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Real Estate

PHOTOGRAPHY: JIM DORSEY

Villa Forano adjacent to the Cleveland National Forest in Corona overlooks city lights and rugged hillsides. This private estate includes about seven acres of Old World artistry and modern luxury, including a main residence, resort grounds with pool/spa, pool house, outdoor kitchen and formal Italian sculpture gardens, detached RV garage, four-car garage and staff quarters. The home includes imported materials, including vintage stained glass, antique lanterns, extensive hand-forged ironwork, and artisan stone. Mosaic work and fine trompe l'oeil and frescoes have been used throughout. Designed for the ultimate in grand-scale living and entertaining, the estate has seven bedrooms and nine bathrooms on three levels, including a lower level with kitchen, bathroom, space for a home theater room and an enclosed sun room. There is also a state-of-the-art security system with cameras, and an elevator. Offered for $3,495,000 by Zec Realty, (951) 733-9676.

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PHOTOGRAPHY: JIM DORSEY

Bill Baldwin, co-founder of HartmanBaldwin Design/Build in Claremont, remodeled his own home recently.

PURE DESIGN

GREAT ENDINGS START WITH A GREAT PLAN | BY TAMMY MINN

For Bill Baldwin, putting his own house under the knife was like a doctor who becomes his own patient. "You become sympathetic to the process, but it helps us learn better ways to do it," says the co-founder of Hartman-Baldwin design/build in Claremont. Baldwin, a former art student, partnered with Devon Hartman in 1979 to create a fully integrated architecture and construction company. With a staff of 50, they specialize in large scale remodels and additions, historic restorations and new custom

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homes. They recently completed work on Claremont's Darling-Wright House, the first house renowned architects Charles and Henry Greene were commissioned to create outside of Pasadena. The firm has received more than 30 local and national awards for design/build excellence, including the Gold Nugget award from the Pacific Coast Building Conference and The Grand Prize Design award from Remodeling Magazine. They've also been featured on HGTV's "Restore America." Knowing what a big step a remodel is, the company hosts home remodelers workshops, complete with a workbook. Based on that and his own experience, Bill Baldwin offers some thoughts about remodeling.

What's the first thing you tell people when they approach you about a remodel?

If they've just bought the house and want to do a major project, we tell them to go home and live in your house for six months to a year. What you think you like and don't like may change radically in a year.

What do you do first when tackling a remodel?

We do a feasibility study that looks at who they are, what kind of space they want and what the budget is. There is also a section in the Remodelers Workbook that walks you through this with a series of questions.

Such as?

How long do you plan to stay in the home? Rate your location on a scale of 1 to 4. Is it more economical to remodel or buy a new house?

Why are long-term plans important?

It usually impacts the payoff. If you're planning to stay one to four years, you might decide to decorate; change materials such as the flooring, countertops, and doorknobs. You could paint, clean and repair or add skylights. These things add immediate lifestyle value and decrease amount of time on the market.

And if you're in a home for the long haul?

If you're planning to stay eight to 15 years, you can think about room additions, gutting the whole house and upgrading, doing major landscaping that includes hardscape, like pools, fountains and fireplaces. And if you're planning to stay through retirement, think of major structural changes, accessibility, alarms, smart wiring. And you might want to consider a guest house for guests, such as children and grandchildren.

Can you work in phases?

Absolutely. That's where the initial feasibility study comes in. We can do a master plan and move toward the finished product. We have a lot of clients who come back over time.

A room might look pretty in a magazine, but where does lifestyle come into play?

That's part of the initial process, too. We dig down and say, "How do you feel in this space?" and try to go deeper so we understand the client's vision. For example, someone might say they want a nook to have a window with light. Why? Are you seeing yourself reading a book in that area? Entertaining in that area? How will that space serve you? We do a lot of probing.

How do you take families as a whole into account?

We look at the individuals, but also the family as a whole. How does the family function? Do you all come together in one room, say for dinner, and then everyone retreats to regroup after a long day? In my own family, we have two couches, but we really only need one because everyone piles on each other to watch TV. We really only need half a couch. So a huge part of the process is understanding the dynamics of the family so they end up with something that's functional as well as beautiful.

Form and function?

Sure. Architecture and construction have always had a form and function balance. What's inspirational in the beginning in architecture is the artistic side of it, but it's also the lifestyle part.

What trends are you seeing in home remodeling?

We're moving into an era where people are thinking a lot more about sustainability. People are asking how to make a space that they have more elegant rather than just adding on space. People are stepping up in their sophistication about energy efficiency and good design and building. And baby boomers are asking how to adjust their homes for aging. Everyone seems to understand that this isn't just a quick fix. This is something that could, and perhaps should, last 150 years.

MORE INFO: WWW.HARTMANBALDWIN.COM

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OUTDOOR ELEGANCE

TO IMPRESS YOUR GUESTS, GIVE YOUR OUTDOOR SOIREES A LITTLE EXTRA ELEGANCE THAT GOES BEYOND THE USUAL GRILL-OUT.

When it comes to having friends and family over for summer gatherings, first thoughts often turn to late afternoon barbecues with sizzling burgers, plastic cups and paper plates. If that's your idea of outdoor entertaining, maybe it's time to get out of the house. You can have fantastic fine dining outdoors, such as a sunny afternoon picnic or perhaps a beautiful dinner at sunset or under the stars, simply by using "your good stuff" outdoors. Here are simple ways to add elegance to your next backyard affair.

Find new uses for traditional pieces

- Fill your silver or crystal punch bowl with water and float candles and flow-

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ers, or add ice and chill bottles of wine and other beverages.

• Iced tea glasses are perfect for parfaits or fruit salads, while sherbet or champagne glasses are great for serving ice cream and other summertime desserts.

• Use silver mint julep cups to serve shrimp cocktail or as individual vases.

• Fill pitchers or serving pieces with fresh flowers to create unusual centerpieces.

• Use a soup tureen to keep dinner rolls warm.

• Stack footed cake plates, fill with appetizers and adorn with summer blossoms. You can also place candles of varying sizes on cake plates to create a great accent or centerpiece for evening entertaining.

O.W. Lee in Ontario makes a full range of outdoor furniture available at local retailers. Here, the Soleil Bistro Collection repeats itself for impact. Opposite page: Ophelia dinnerware and Puccini glassware from Z Gallerie create a colorful place setting. For more, see www.owlee.com and www.zgallerie.com.

Sizzle with seasonal color

From crystal blue skies to vibrant blooming flowers, dining outdoors is all about summertime hues. "Entertaining outside frees up the host to mix bright colors that might be a little overwhelming indoors," says showroom stylist Dubravka Vujinovic. "Get creative by mixing and matching different hues of china or colored glass. And instead of using a tablecloth, buy

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inexpensive fabric remnants to layer various bold colors to accent your tableware. Turquoise, coral and violet are among the hot colors for summer 2010." She also suggests using ribbon or kitchen twine to tie fresh flowers around linens as napkin rings, or using herbs in lieu of cut flowers. Take advantage of color all around you by incorporating fresh flowers and greenery from your yard or summer fruits and vegetables from your garden in centerpieces and other decor.

Hit the spot with summer tea parties

Formal afternoon tea isn't just for the English—tea parties are becoming a popular entertaining trend.

- Set up several small tables around your patio or deck with tea sets or themes of various patterns. Tie those together with similar floral centerpieces.
- Purchase tea cups in patterns that fit your guests' personalities for a take-home gift.
- Float delicate blossoms in tea cups or fill with miniature bouquets for colorful accents.

Don't worry about the ants

Take out your bridal china for an elegant, romantic afternoon picnic.

- Use soup tureens or covered vegetable bowls to serve tuna or potato salads.
- Serve sandwiches or desserts on handled cake plates.
- Place condiment bowls or similar dishes on cake stands to elevate off the ground.

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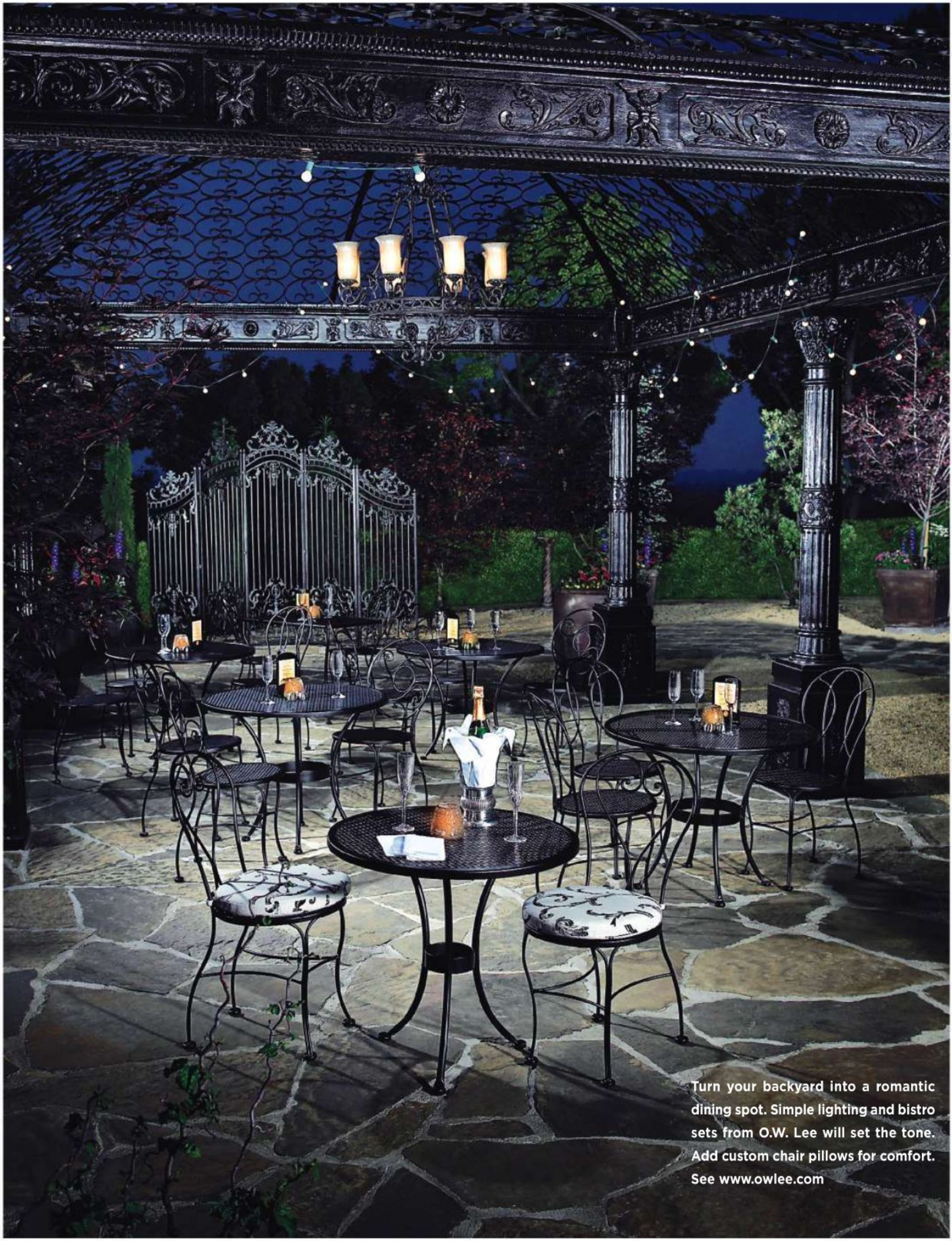

Turn your backyard into a romantic dining spot. Simple lighting and bistro sets from O.W. Lee will set the tone. Add custom chair pillows for comfort. See www.owlee.com

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More ideas for elegant outdoor entertaining

To really impress your guests this summer, give your outdoor soirees a little extra elegance that goes beyond the usual grill-out. The good news is that it's easier than you'd imagine to create an ambiance that is welcoming and sophisticated. One of the keys to throwing an upscale backyard get together is to plan in advance. Once you have an idea of what you'd like to do, it's time to start letting people know. And we all know how busy summer schedules are, so informing your guests as much as a few weeks ahead of time is a courtesy they'll appreciate. Here are some of the elements you'll need to create the perfect atmosphere for outdoor entertaining this summer.

• Decor: Having a jumble of mixed and matched chairs can be either charming or a visual distraction. If you have an assortment of old wooden chairs, it gives things a rustic feel; if it's decades-old folding chairs in clashing colors and styles, it looks mismatched. Aim for a consistent look, whether it's shabby chic or modern. If your tables and surfaces don't tie in perfectly, there's an easy fix: simply cover them with a tablecloth that has the same feel as the rest of your decor. Add planters of flowers in colors that coordinate with your theme.

• Menu: Food does not need to be elaborate to be both beautiful and delicious. Take a cue from the rustic food traditions of Italy, France and Spain, where simple foods like garden vegetables, artisan breads and grilled meats make a major impact with surprisingly easy preparation. Keep the focus on vegetables and fruits, with one or two meat, poultry or fish options, to create a beautiful, healthy arrangement of dishes.

• Music: Depending on the mood you want to establish, you can choose from an endless supply of music available for download. Try salsa music for liveliness, flamenco guitar for dramatic artistry, Malian kora music for serenity or updated bossa nova for an unmistakably summery, beachy feel.

• Comfort: Warm summer evenings often mean bare legs and arms. To add beautiful, soft lighting while discouraging bugs, opt for mosquito-blocking candles. Place them on tables or around your patio. Candles also have a pleasant, garden-fresh scent that will add to your party's ambiance.

Outdoor entertaining is one of the best things about summer, whether you're a host or a guest. When you provide your guests with a perfect escape for one evening, you've mastered outdoor entertaining.

Text courtesy of ARA Content

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Fine Dining

Exciting new colors and designs can perk up your kitchen and dining room, creating a fashion statement for these two high traffic areas of the home

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Previous page: Vibrant Butter Rum paint from Behr brings energy to this modern kitchen. This page: Colorful glass tiles stand out against the light walls and contrasting cabinetry and stainless steel elements.

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If there's one room in the house with a dual personality, it's the kitchen. While it serves as the hub for nurturing your family, it also has to put on its game face for anyone who passes through. Though it's a personal space, your kitchen makes a public statement about your lifestyle, organizational skills, and your taste. To help this heavy-duty workhorse of a room meet its daily tasks, experts agree you must start with a well-thought-out plan.

For starters, kitchen designers often refer to the "Golden Triangle." This refers to the main work areas: the refrigerator, sink and oven/cooktop. They should be positioned like a triangle, and you should be able to move easily from one to the other. Kitchen duties are usually broken into three main categories: preparing food, cooking and serving, and cleaning up, so areas that allow you to work through each category are a must.

How you arrange your kitchen will depend on several factors, including space, taste, and budget. A certified kitchen designer can help you make the most of your kitchen. While you're daydreaming about paint chips and tile samples, your designer will worry about the less glamorous details like making sure the refrigerator fits in its cubby and that the electrical wiring is sufficient for the super-duper cooktop you have your heart set on.

With those details hammered out, you can work on the fun things, like paint colors and backsplash designs. But when it comes to color, go with what you like.

"Don't worry about whether or not a color

This page, above: This casual dining room goes green; below: Red makes a bold statement. Opposite page: Architectural details stand out against the earthy shades on the walls.

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is in style," says Tonie VanderHulst, Allied ASID, of Decorating Den Interiors in Redlands. "Choose what you like," she adds, noting that her favorite color—purple—is making a comeback in various shades and hues. But even when it wasn't a "hot" color, it remained one of her favorites and she found ways to use it.

As for other elements in the kitchen, VanderHulst says that stainless steel appliances are still customer favorites, but bronze is also an option. In countertops, granite is king, but people are choosing lighter colors. Full-height backsplashes, tile art, large cooktops and warming drawers are also likely to be found in today's kitchens.

The kitchen's first cousin, the dining room, is sometimes pushed to the sidelines as families gather near the cooktop, doing homework at the counter and helping with food prep at second sinks and islands. But the dining room shouldn't be put out to pasture. It, like the kitchen, is a gathering spot and should be inviting.

"Drama is good, too. Dining rooms are a good place to use color, patterns, and texture. Lighting should be layered to create the atmosphere. And I love having a fireplace in the dining room," says Kelly Ferm, Allied ASID, owner of Ferm Design Concepts in Rancho Cucamonga. In addition to paint, Ferm says textiles are a good way to bring interest to a dining room. "They bring patterns, prints, and texture to a room," she says.

In addition, consider going big with the chandelier and dropping it to about 30 inches above the table. "It's dramatic," Ferm says.

color

pattern

prints

texture

Previous page: Global influences come home. This page: Soft pink walls and an apron, also called a farmhouse, sink give this kitchen a traditional feel.

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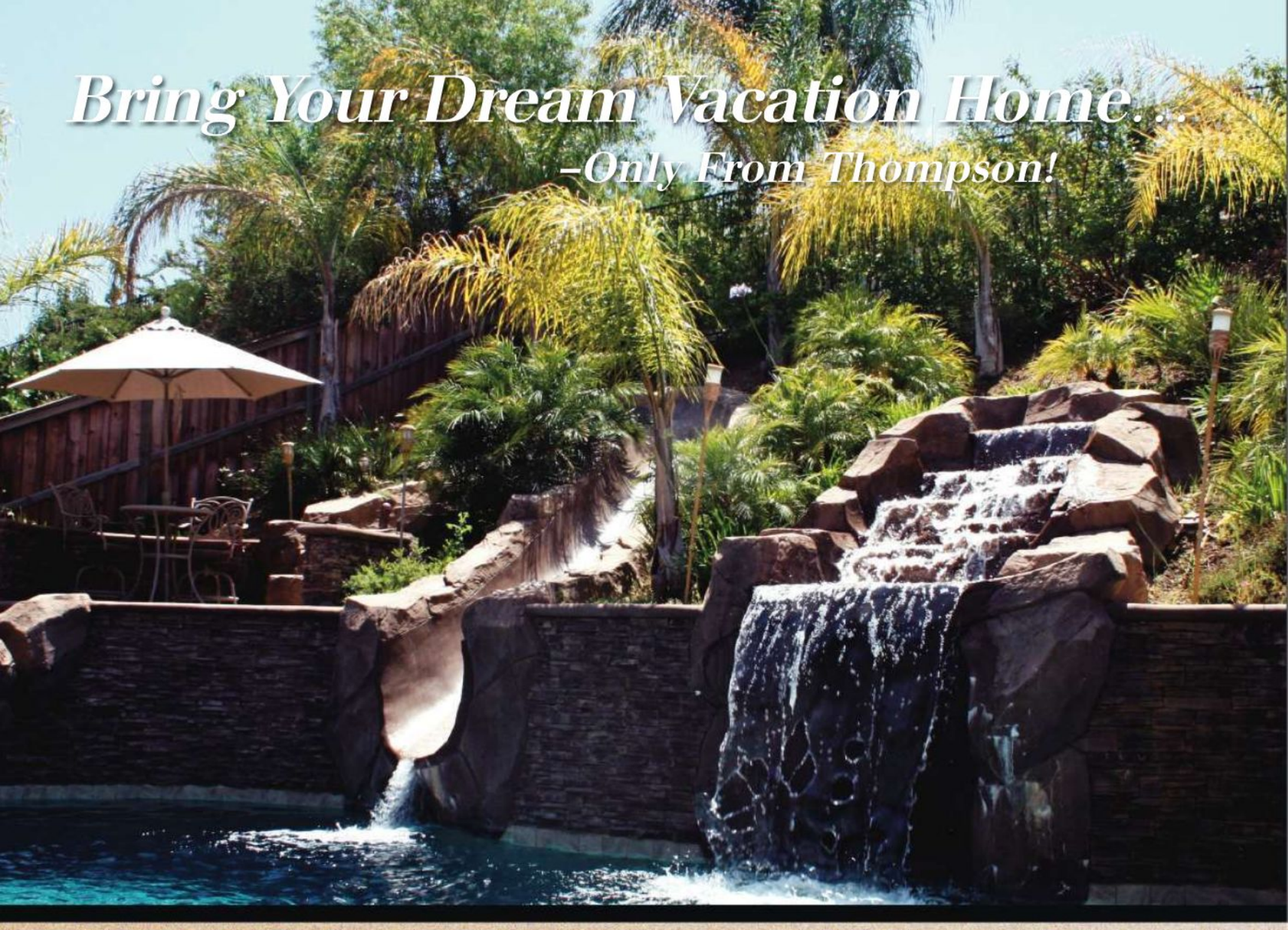

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resource guide

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LIGHT BULBS ETC. LIGHTSTYLES

INTERIOR DESIGN & FURNISHINGS

While a room glowing with natural light is a lovely image, there's no excuse to let windows go bare. From the classic elegance of drapes and valances to the rustic feel of wood blinds and basswood shutters to an exotic look of Roman blinds and woven or bamboo style shades, **Affordable Window Coverings** has been helping achieve the right feel for over 15 years. They strive to stay on top of trends and provide products in the latest styles and looks. Licensed and bonded by the State of California, Affordable Window Covering's staff is available to answer questions, offer suggestions and provide tips. They ensure their quality service by using installers who are employees, not subcontractors. What's more, those installations are 100 percent guaranteed. Understanding that customers value time and money, Affordable Window Coverings offers free in-home estimates. People are also invited to stop by their full service design center which is open Monday through Friday from 9 a.m. to 6 p.m. and Saturdays from 10 a.m. to 3 p.m. Additional evening hours are available by appointment. The design center is at 26175 Jefferson Avenue, Suite 202, Murrieta. To schedule an appointment or estimate, call 1-800-700-4947 or visit their Web site at www.affordablewindowcoverings.com

THOMPSON BUILDING MATERIALS

In 1978, an 18-year-old college student developed an innovative system for maximizing space in his dorm room closet. The concept was so successful that the student turned it into a small business. **California Closets** has left its college days behind and now has franchises across North America. With four different "lines," anyone can find just the right look to make over their existing closet, whether it is a reach-in or walk-in. The classic line offers simplicity that is perfect for bedrooms, the suite line has a luxurious look that will add drama to entertainment or living rooms, the home office line provides enough space to tackle any project, and the garage line helps clean and organize its namesake to make it more accessible and inviting. Yet, California Closets is hardly cookie-cutter. They invite interested customers to schedule an appointment with one of their consultants who will help build a custom-designed unit that works best for the customer's situation and room. To schedule an appointment call, (858) 695-0882. To see what California Closets has to offer, visit their showroom, 7550 Miramar Rd., Suite 300, San Diego, or their Web site: www.californiaclosets.com

In 1994 John Gilmore, now president of **Elite Custom Audio Video**, realized setting up home electronic systems had gotten too complicated. So he formed his own company committed to making "people's lives happier and more simplistic with electronics." These days, his company works hard to combine today's highly sophisticated technologies with the lifestyle requests of its clientele—designing, constructing and installing state-of-the-art theatres with music, as well as movies. Elite Custom Audio Video is also dedicated to the "one touch" electronic concept, which keeps things as easy to use as possible and allows homeowners to access their system from a touchpad or a computer. And, thanks to the Internet, that computer can be just about anywhere. Elite Custom Audio Video can also make it possible to turn lights on and off, heat or cool homes or start up appliances or hot tubs with a click of a mouse, no matter where the resident is. Gilmore says this is only the beginning of the sophisticated role that electronics can play in most people's day-to-day lives. Schedule an appointment to see the latest in home audio and video systems. The store is at 5505 Moreno St., Suite 104, Montclair. Visit www.elitecustomaudiovideo.com or call 1-877-ELITEAV.

No matter how easy people make it look on those renovation television shows, making over a room can be a daunting task. At **Fair Price Carpets** in Riverside they'll not only make sure your floor is, well, covered, they stress: "For every room there's a perfect decor to meet your unique needs and individual style." Their Web site has pages to help even a layman dream up an awe-inspiring room. There are tips, like using accent colors to make a favorite collection stand out or how to

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properly lay out a patterned carpet (you want to see at least eight of the motifs), and ideas for every room in the house—from the kids' bathroom to the home office. Of course, Fair Price Carpets also excels at selling floor coverings for any occasion, whether it is area rugs or porcelain tile, they work with the best manufacturers and offer same day installation of what they have in stock. Give them a call at (951) 684-8579 or take a peek at what they offer either on their Web site, www.fairpricecapets.com or at their 5,500-square-foot showroom located at 1070 Center St. in Riverside. It is open Tuesday through Saturday from 9 a.m. to 5 p.m.

Granite Transformations takes all the hassle and mess out of renovating cabinets and countertops. The company fabricates made-to-order countertops that are handcrafted to measurements taken by their experienced craftsmen for an exact fit. The finished product can then be slipped on top of, and will become permanently bonded to, existing counters. Granite Transformations works with a variety of materials, like trend stone, recycled glass and Italian glass tile mosaics, and can create a new countertop that complements any design aesthetic. The finished product is heat, stain and scratch resistant and comes with a lifetime or transferable warranty. Granite Transformations will also reface cabinets, which is great for updating a tired-looking kitchen for a fraction of the time and cost. Their products and work have been seen on many home remodeling shows, and they're happy to perform a free in-home consultation. Though Granite Transformations has locations all across the country, the Rancho Cucamonga showroom can be found at 9201 Charles Smith Ave. For information or to schedule a consultation, call (909) 230-5505 or visit www.granitetransformations.com

Imad's Decorating Center wants to help people turn their rooms from drab to dramatic without driving them into debt. Thanks to 25 years of experience and a wide range of products, the staff can help anyone come up with an idea to redefine their living spaces. Imad's carries a variety of blinds, including new Allure blinds, and draperies to give any window the treatment it deserves. There's also a full range of bedspreads, awnings, shutters and cabinets. Complete kitchen makeovers start at $3995 (contact Imad's for details). On the ground level, Imad's offers all aspects of flooring. The company also helps with upholstery work, whether it is headboards or love seats. The Inland Empire showroom is at 164 E. Redlands Blvd., San Bernardino. It is open Monday through Friday 9 a.m. to 6 p.m. and Saturday 9 a.m. to 5 p.m. For additional information, call (909) 370-0537 or 1-800-876-8787. Visit www.imadsdecoratingcenter.com

Ruth Chafin and her staff at **Interior Network** know how to turn dreams into reality. Armed with good design, value-based decisions and an unique approach to interior design that they have been using since 1979, they have been successful in helping many people re-conceptualize more than one room in a house. While aesthetics may have changed since '79, Interior Network's philosophy of "making dreams come true" is still the driving force behind the company. Chafin's team includes a network of contractors, subcontractors, artisans, craftsmen and certified interior designers, all dedicated to maintaining the control and responsibility of all aspects of the projects they start. And over the years they've handled a bit of everything, including kitchen and bath remodeling, lighting design and installation and retrofitting for senior living or energy conservation. For an appointment, in-home consultation or estimate, call (909) 886-8781 or visit their Web site, www.interiornetwork.com.

For the past 16 years, **The Kitchen Specialists** have been serving the Inland Empire as a full-service kitchen and bath remodeling company. Armed with the most advanced tools and technology in the industry, including a state-of-the-art CNC machine, the company is able to produce high quality and cost-effective cabinets and countertops. Have a kitchen that you love, but feel needs a facelift? The Kitchen Specialists' motto is "Don't Replace ... Reface!" They specialize in renovating existing cabinets—removing all old doors, drawers and molding and disposing of them, so you're just left to enjoy your refreshed kitchen. They also update lighting fixtures. Of course, if that old kitchen is just an eyesore and has to go, The Kitchen Specialists are ready to start from scratch. Their design experts will help create the modern kitchen that will have everyone talking about your trendy and stylish cupboards, islands and work stations. They will also help create your dream bathroom or entertainment room. Their showroom is at 1942 North "I" St., San Bernardino, and is open Monday through Friday 8 a.m. to 5 p.m. and Saturday 8 a.m. to 3 p.m. For more information or to schedule an appointment, call (909) 882-6543 or visit www.kitchen-specialists.com

The kitchen and the bathroom are probably the two rooms in the house that are expected to be the most innovative and sturdy. **Kiva Kitchen and Bath** can help achieve that image for either room with cutting edge appliances and design elements. With today's kitchens becoming gathering places for family and friends, Kiva offers a variety of options, including built-in coffee and wine systems, en-

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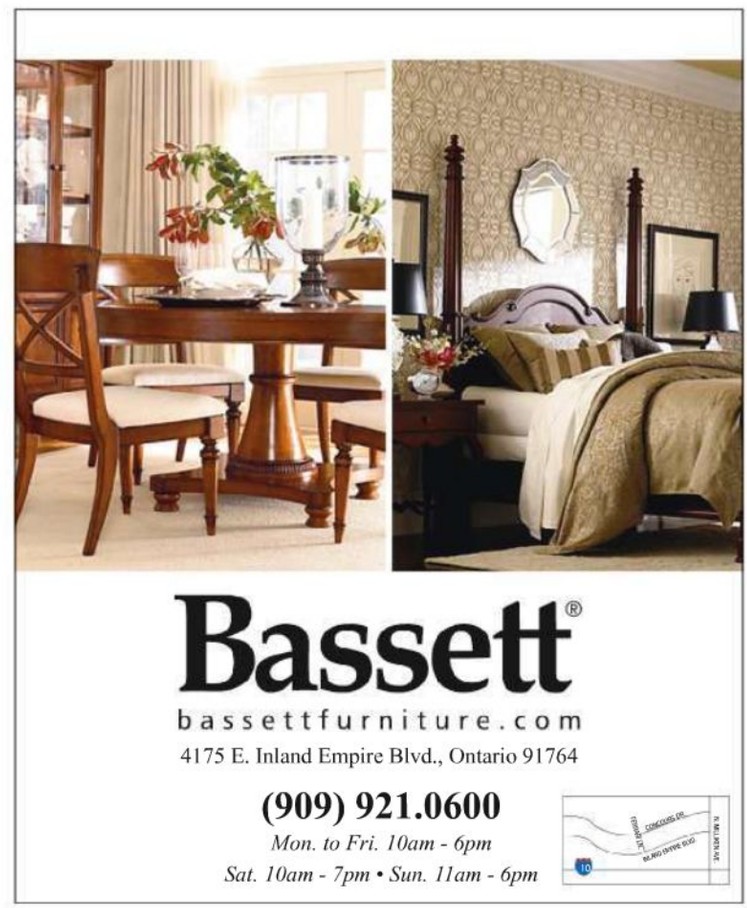
tertainment-friendly faucets, conversation-starting countertops, and cabinets that give your kitchen a touch of character while hiding the secrets of your culinary masterpieces. While the kitchen is about community, today's bathrooms are about luxury and privacy. From showerheads, saunas and tubs that can help create an in-home spa sanctuary to fashionable and functional his and hers sinks, Kiva has the tools to create the perfect space for everyone. But Kiva is more than just great fixtures. The company's sales teams are industry professionals who are familiar enough with the products they sell to work with developers, architects, homebuilders, interior designers, kitchen designers, contractors and remodelers. Kiva Kitchen and Bath has locations throughout Southern California, but their Inland Empire showroom is located at 2273 La Crosse Ave., Suite 105, Colton. For more information, call (909) 433-3990 or visit www.kivahome.com

Light Bulbs Etc. Lightstyles shines a light on the latest trends in lighting. This includes the most innovative styles of outdoor and indoor ceiling fans, landscape lighting, outdoor lighting, decorative pole fixtures, and patio lights. To keep the interior alight, the company stocks the most up-to-date fixtures, lamps, recessed, track and cabinet lights and dimmer switches for every room in the house. Energy-minded customers can enjoy low voltage systems, while those looking for an artistic element might want to check out the glass pendant chandeliers and wall sconces. Their showroom, which may be the largest of its kind in the region, not only includes the latest offerings from all the top and trusted brands in the world of lighting, but also has kitchen and bath demonstration room so that customers can see which fixture will best fit into their renovation plans. Light Bulbs Etc. Lightstyles can also make and repair neon lighting and helps format lighting systems for deejays as well. They are located at 8760 Central Ave., Montclair. For information, call (909) 482-4414 or visit www.lightsetc.com.

An organized kitchen is like a well-oiled machine: it can help get a job done smoothly and effortlessly. Yet, for many people, kitchen cabinets are something to be feared, a place where whatever you're looking for always seems to end up in the very back, just out of reach. In 1993, Ron B. Kessler decided to change the way people accessed their cupboards and closets with his **Pull-Out Shelf** company. Now he has authorized dealers in 20 states. The easy to use and easy to install shelves can be placed in existing spaces with ease, and units are available that are specialized for certain functions and areas, like trash cans, under-the-sink caddies, and dividers, as well as drawers with high backs or that are extra deep. With a load capacity of 100 pounds, Pull-Out shelving can help any room in the house become more organized and functional without any major construction projects. For more information, contact authorized company dealer Dennis Moffat at (909) 241-5058, or see www.pulloutshelf.com.

Redlands Floorhouse has been a family tradition since 1938. That's when Hugh Flood started a business selling hardwood floors. In 1980 Hugh's grandson, Mike Flood, moved the business to a tiny location on West Street in Redlands, where it grew beyond expectations. Now the staff includes 15 craftsmen and a management staff of five, all friendly people interested in helping customers find the right hardwood floor that fits their budget and adds personality to the room. Redlands Floorhouse boasts one of the most complete wood flooring showrooms in the Inland Empire, attracting customers from the surrounding beach, mountain and desert communities. Their floors are a blend of the Flood family's old-world craftsmanship and modern technology and they carry everything from bamboo flooring to vinyl composition tiles. Recognized by the National Wood Floor Association, Redlands Floorhouse has a lifetime guarantee on their installations. They also have all the tools that the do-it-yourself types need, such as floor cleaners and sander rentals. The showroom is open Monday through Friday from 8 a.m. to 5 p.m. and Saturday from 10 a.m. to 4 p.m. It is currently located at 36 W. Stuart Ave., Redlands. For more information call (909) 798-2644 or see www.redlandsfloorhouse.com

Anyone who has ever had a can or tool disappear in the dark corner of a cabinet has wished for an easier way to access their storage spaces. In 1992, Bob and Barbara Fenton invented a solution to cabinet woes and now it has been installed in over 250,000 shelves. What started as a part-time, home-based business in the city of Escondido has blossomed into a full time job for Fenton family members across three states. Their design seems simple enough: sturdy drawers made of angled Baltic birch sides, solid wood fronts and melamine bottoms are installed on powder coated steel rails with nylon wheels for smooth sliding. They go straight into existing cabinets, which limits the time and mess of construction. In fact, **Slide-A-Shelf** prides itself on leaving work areas even cleaner than when they found them. Ideal for kitchens, bathrooms, pantries, linen closets or garages, the finished product moves easily with a touch of a finger or toe and the drawers are rated for 100 pound capacity. For more information or a free estimate give Slide-A-Shelf a call at (951) 243-6404 or visit them online at www.slideashelf.com



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The staff of **StoneWorx Inc.** prides itself on being able to provide distinguished details at affordable prices. The company's granite and tile installations have graced the floors, showers and counters of homes across Southern California. The finished products are notable for what isn't seen, there are no seams, slab mismatches or product imperfections. Instead, StoneWorx craftsmen carefully select and work each piece of granite by hand to ensure that each slab flows to the next. StoneWorx doesn't consider any project complete without custom touches like rounded inside corners, smoothed granite under edges and contouring under sink mount cutouts. With over 25 years of experience, StoneWork's principal stone artisan, David Graham, is highly regarded for his tile and granite knowledge. The company works with granite, marble, travertine and solid composite surfaces such as CaesarStone to ensure the right products go into completing the customers' dream rooms. The showroom is at 7372 Sycamore Canyon Blvd., Suite 1, Riverside, and is open Monday through Friday 8 a.m. to 5 p.m. Appointments can be scheduled for additional hours. For information call (951) 653-0770 or visit www.stoneworxonline.com

In 1945, Harold Taylor Sr. decided to go into the appliance business as the post war popularity of the refrigerator limited his previous role as a ice delivery man. Still family-owned and operated, **Taylor's Appliance** has seen many changes in their industry, but their mission to provide the place they call home with the best value in major appliance sales and services has always held strong. Their buying power and industry expertise not only allows them to match larger chain retailers, they often feel that those big-box stores have to keep up with them, instead of vice-versa. Taylor's Appliance sells cutting edge stoves, ranges, refrigerators, freezers, dishwashers and laundry and food disposal units, and offers a comprehensive parts and service department, backing up any purchase with the piece of mind that they'll be there if something goes wrong. Located at 6140 Magnolia Ave., Riverside, Taylor's Appliance is open Monday through Friday 9 a.m. to 6 p.m. and Saturday 9 a.m. to 5 p.m. For information call (951) 683-6365 or see www.taylorappliance.com or

With one of the largest displays of wall beds in California, **Wallbeds 'n' More** loves helping customers find more space in their homes. Their wall beds are cleverly disguised as desks, shelving, chests and drawers. Easily operated by a lift mechanism, the unit can hide beds of of twin, full or queen sizes, allowing that sewing room or home office to double as an inviting guest room with very little work. Wallbeds 'n' More maintains that it will not be undersold and promises that customers will not have to wait weeks for their products. All of their units are made out of alder, birch, maple and oak in a variety of finishes and styles from causal to contemporary to help the unit blend in even more with the feel of the home. Interested customers must make an appointment to come and visit one of Wallbeds 'n' More's many California locations. Their Inland Empire Showroom can be found at 9155 Archibald Ave., Rancho Cucamonga. To make your appointment, call 1-866-612-7774. For additional information, visit www.wallbedsnmore.com

WinBath and Kitchen dedicates its showroom of over 5,000 square feet to high-end decorative plumbing products. As a division of Riverside Winnelson, a plumbing wholesaler that has been in business since 1993, the company believes that keeping up with current styles is an important part of design. And since trends are constantly changing, so are their floor models, always maintaining a blend of everything from traditional to contemporary aesthetics. Because customers want their plumbing pieces to be functional as well as stylish, WinBath and Kitchen's showroom includes numerous working displays: five air and whirlpool bathtubs, five complete shower systems and three working faucet and vanity set-ups, as well as others depending on what is available. In addition to constantly updating merchandise, the company's staff is also constantly trained on product knowledge, new technology and trends and the importance and distinction of finishes. Interested customers are also more than welcome to attend these classes. WinBath and Kitchen looks forward to helping people design and build the rooms of their dreams. Their showroom is at 2185 La Crosse Ave., Colton. For more information call (909) 420-0072 or visit www.winnbathandkitchen.com

Woodward Floors. Nothing beats a good foundation, and when comes to rooms, all it takes is a great floor to go from ordinary to luxurious. Since 1960, J.B. Woodward Floors has offered the very best in carpet, hardwood, tile and linoleum flooring and has helped turn drab kitchens and bedrooms into works of art that everyone can live in. Because some rooms get more lived in than others, they offer the latest in durable carpeting like Anso nylon, and Tactesse and Wear Dated carpet fiber. Think an existing floor just needs a little more drama? They also supply Kathy Ireland area rugs with elegant motifs and work with the leading dry carpet cleaners to restore floors to their original glory. While all the options may be overwhelming, the staff at J.B. Woodward Floors has years of experience in finding the right floor to make a room pop. This third

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generation family-owned company has been operating out of its current location for the past 28 years, but serves customers around the Inland Empire. See what they have in stock by visiting their showroom at 6968 Indiana Ave., Riverside, or their Web site, www.jbwoodwardfloors.com. To schedule an appointment, call at (951) 683-5149.

OUTDOOR LIVING & LANDSCAPING

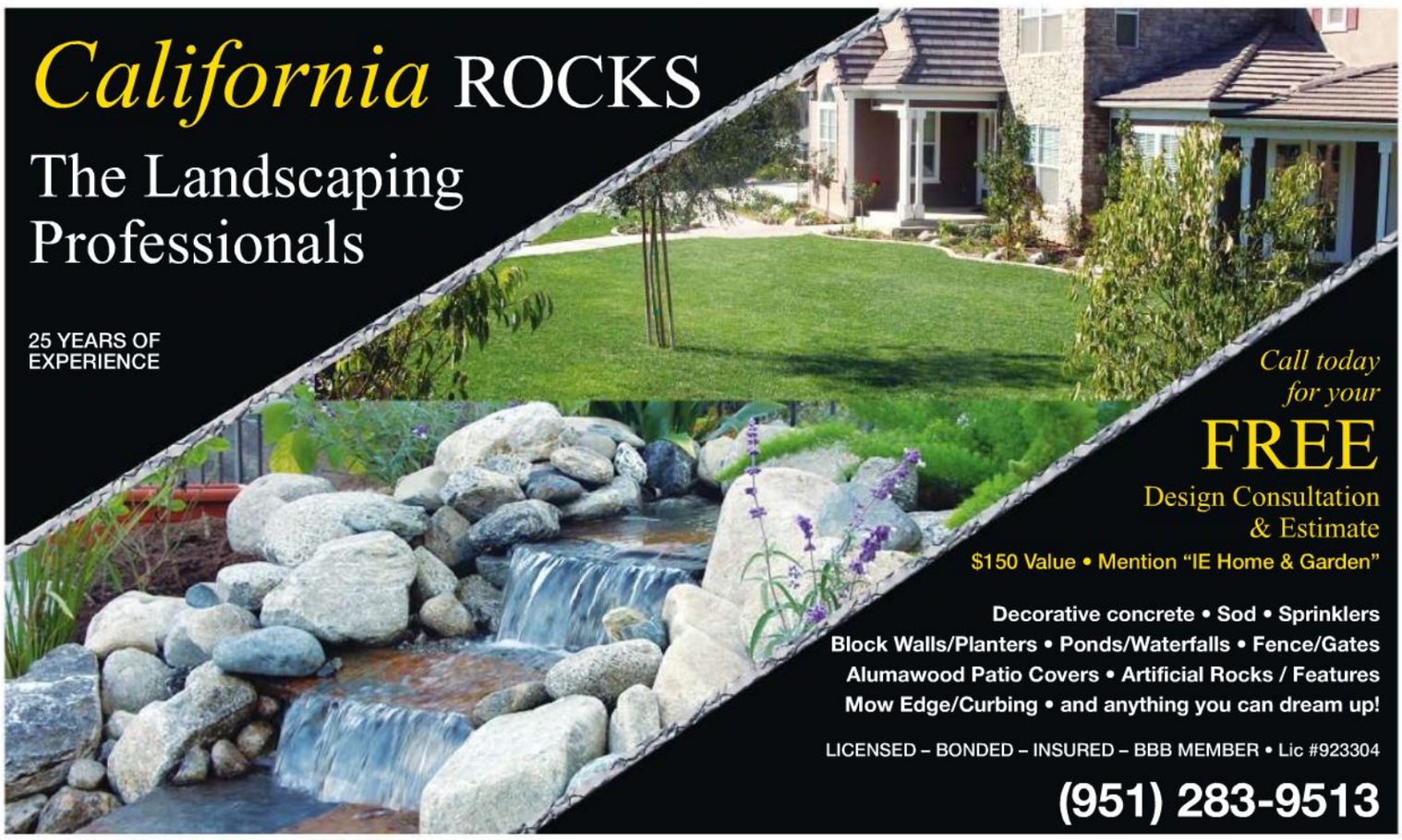
Nothing says summer like the whole family in the pool. Of course, thanks to the wonderful weather in the Inland Empire, that's not a scene limited to the months of June, July and August. The staff at **Academy Pool and Spa** know exactly how to keep that pool sparkling, clean and welcoming all year long. Though they are, by their own admission, a small, family-owned business, they offer a wide range of swimming pool and spa products, swimming pool chemicals, spa chemicals and equipment made by all the most popular brands like Pentair, Hayward, American Product, Jacuzzi and Polaris. Anyone with a salt water pool can find salt systems, and Academy Pools is a warranty station for Hayward Goldline Salt Generators. The staff can help with water testing and equipment repair and is also recognized as an insignia BioGuard dealer, which requires that they attend regular classes to keep them up-to-date on the latest in pool technology and chemicals. Visit them online at www.academypool.com or at 19530 Van Buren Blvd., Building G2, Riverside. They can be reached by phone at (951) 653-8009.

The folks at **California Rocks** think landscaping plans should be a little rocky. With more than 25 years of experience, they help homeowners across the Inland Empire turn drab yards into anything their customers can dream up. They even offer free design consultations and estimates with mention of "IE Home & Garden." They will design and install sod, synthetic grass, putting greens, ponds, waterfalls, streams, decorative concrete, brick walls and just about anything else. Do-it-yourself types can get their hands on a number of tools and tricks to make a lawn sparkle. For the truly crafty person looking for a challenge, California Rocks stocks everything needed to create "Disneyland-like" rock landscapes out of fake rocks, from paint to texturing devices. They even have a DVD with step by step instructions and regularly offer hands-on master classes to teach the industry standards for creating realistic-looking rock features. California Rocks' Web Site can be found at www.californiarocksusa.com, or they can be reached by phone at (951) 283-9513.

For over 30 years, **Dynasty Pools** has been committed to offering beauty and enjoyment by designing and constructing the award-winning swimming pools that families around the Inland Empire dream of. Jeff Mitchell, the owner and founder of Dynasty Pools, lists customer service as number one on his list of priority. That's probably why 90 percent of the company's business comes in as referrals from previous customers. Mitchell is a past president of the Southern California chapter of the Association of Pool and Spa Professionals and sits on the Board of Governors for the California Spa and Pool Industry Education Council. He has been tested and certified by the world's largest trade organization of professional pool and spa builders and regularly helps educate residents about water safety. He and the rest of the crew at Dynasty Pools can build or remodel pools, spas, barbecues or fountains. For more information, call (951) 244-2994 or visit www.poolsbydynasty.com. Mitchell can also be reached via email at jeff@poolsbydynasty.com.

How does your garden grow? The staff at **Emerald Garden** wants to help you make those fruits, vegetables and flowers sprout up as naturally as possible, so that you can get the most out of the healthy benefits that fresh produce offers. With more than 20 years of experience, they can help find exactly what will meet your hydroponic and organic planting needs, whether gardening and farming is a hobby or career. Emerald Garden carries all the major suppliers, such as Hydrofarm, Earth Juice, Fox Farms, Grodan and others. They have everything any budding horticulturist would need for planting, whether it is going on outdoors, indoors or in atriums or hothouses. This includes products ranging from sunlight and Lifelight systems, to books, nutrients, pest control, water pumps and air pumps. Emerald Garden can even help with seed starting and cloning. To get your green thumb working with their hydrophonic supplies, give them a call at (909) 466-3769, visit them online at www.emeraldhydrogarden.com, or stop by 8249 Archibald Ave., Rancho Cucamonga.

Outdoor furniture doesn't have to be uncomfortable or plain. Since 1947, **O.W. Lee** has offered a full line of high-end patio furniture handcrafted from wrought iron and aluminum. At the Ontario manufacturing facility, located at 1822 E. Francis St., Ontario, O.W. Lee combines centuries-old techniques with new age technology to create elegant luxury pieces that will add drama to a patio or outdoor room. Not limited to chairs and tables, the company also offers outdoor fireplaces, customized draperies and fashionable pillows in different designs and patterns to personalize the space. Their products are available at authorized dealers nationwide, including many in the Inland



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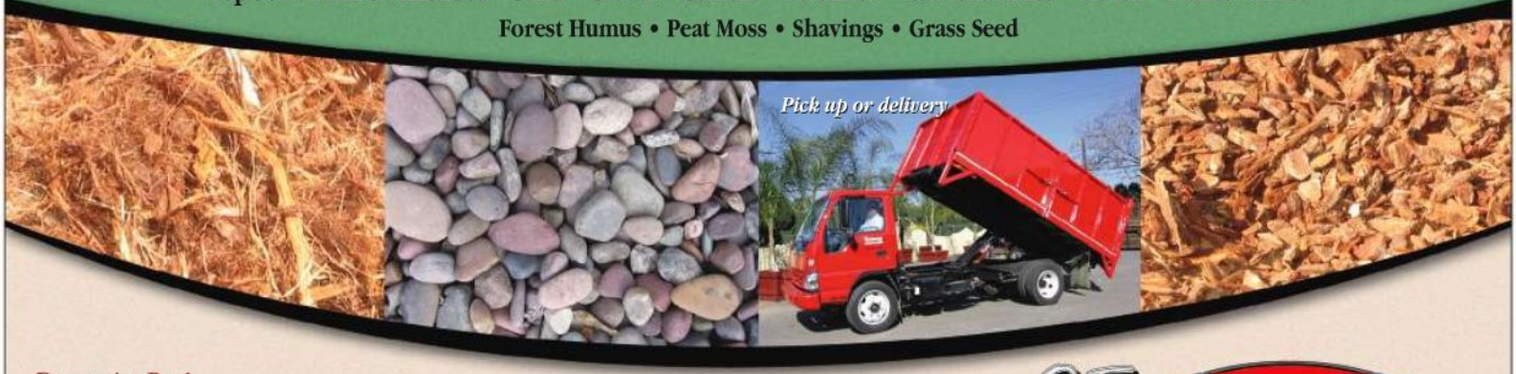

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Empire from Palm Desert to San Bernardino. To find the one near you, visit their Web site at www.owlee.com. You can also give them a call at (909) 947-3771.

Since 1977, **Louie's Nursery** has been the Inland Empire's "nursery for all seasons." Family owned and operated for more than 30 years, Louie's offers everything professional and amateur gardeners needs to create an exquisite landscape for a space big or small. In addition to selling trees, California native plants, succulents, vegetables and perennials, employees are also on hand to help with any gardening questions or projects. Louie's Nursery has roses all year long and also sells sod, fertilizer and an assortment of garden art and pottery. Don't have a green thumb, but want to get something for the gardener in your life? The nursery sells beautiful stationery gift certificates, offers large quantity discounts, and will deliver to most locations around the Inland Empire for a nominal fee. They will also help plant what they sell, whether it is bedding plants and ground cover or trees and shrubs. The nursery is open daily, 9 a.m. to 5 p.m., and is at 16310 Porter Ave., Riverside. For more information call (951) 780-7841 or visit www.louiesnursery.com.

A pond can add elegance, grace and beauty to any backyard, turning it from a landscaping project to a personal retreat. The staff at **Mystic Koi and Water Gardens** want to help keep that pond the highlight of a personal outdoor sanctuary. They have more than 5,000 items in stock, such as plumbing equipment like filtration systems and pumps, but really shine with everything you'll need to add a living element to your pond, mainly koi. Hardy fish, these ornate carp can live for centuries if properly cared for, and Mystic Koi and Water Gardens can supply the tools to achieve just that. In addition to beautiful fish, they sell food and automatic feeders, books on koi, medication and observation tools. There is even a special "Koi resource section" on their Web site, www.mystickoi.com, supplying all the latest information on these beautiful fish and how to build them the perfect habitat. To get started, visit their store at 1250 W. Arrow Hwy, Upland, or give them a call at (909) 920-3767. They are open Monday through Saturday from 10 a.m. to 5 p.m., Sunday from 11:30 a.m. to 4 p.m., and are closed on Wednesdays.

There's nothing wrong with a good old fashioned barbecue among family and friends, but just because you're cooking outside doesn't mean you can't also be stylish. Outdoor living has evolved beyond just a grill and some lawn chairs, and a contemporary outdoor kitchen is quickly becoming the hottest trend in outdoor entertaining. If you are looking to update your image, **Outdoor Kitchen Creations** is focused on the sale, design and installation of some of the most amazing products in the world. Founded after the owner met with difficulty building his own outdoor cooking station, the company looks forward to helping clients create fully functioning kitchens, with components like built-in grills, side grills and refrigerators, that ultimately double as outdoor living spaces as well. While Outdoor Kitchen Creations carries products from all the popular grill companies, like Twin Eagles Pinnacle, The American Outdoor and The Big Green Egg, they also stock a variety of gas and electric heaters, outdoor furniture and pizza ovens. To see their product line you can visit their Web site at www.outdoorkitchencreations.net or stop by their showroom at 1306 Monte Vista Ave., Suite 4, Upland. For more information, call (909) 920-0923.

Paradise Garden Center is committed to providing plants that are the best service, quality and price in the Riverside area. For the past 35 years they've become one of the leading names among the region's nurseries. Because they operate 23 acres of growing ground and work with other growers in the region, much of their stock is grown locally, resulting in uniform, hardy, fuller flowering shrubs and trees raised in Riverside and acclimated to the Inland Empire's climate conditions. In order to help clients construct water-conserving landscapes, Paradise Garden Center keeps up to date on the latest information and rebate programs from surrounding water districts. They stock beautiful Australian-native plants proven to thrive in drought-stricken areas and are happy to conduct home inspections to help conserve water, help design landscapes that use water more efficiently, and incorporate alternative ground cover other than sod. They will also help install the latest technology when it comes to irrigation systems. Family-owned for three generations, Paradise Garden Center is located at 7109 Dufferin Ave., Riverside. More information about their services and water-wise program can be found by visiting their Web site, www.paradisegardencenterriverside.com, or by giving them a call at (951) 789-0386.

Thompson Building Materials is focused on the goal of supplying the most unique and progressive products available. With special relationships with brick manufacturers and stone quarries throughout the United States, Europe and Australia, Thompson is able to do just that. Those relationships are just an example of how far the company has come since its humble beginnings when Ken Thompson founded Thompson Building Materials in rural Tustin, California, in 1962. These days the company offers hun-

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dreds of brick choices, thousands of square feet of stone, and miles of pavers to choose from. They also sell Viking, Fire Magic and DCF outdoor grills, as well as fountains, lawn art, scaffolds, anchoring products, sealers and cleaners. In short, they have almost anything anyone needs for a building project, and they are happy to locate what the homeowner is looking for. Thompson Building Materials Design Centers are a great way to see the products that the company carries. Design Centers are located at 11027 Cherry Ave., Fontana; phone (909) 350-3000; and 1716 North Case St., Orange, phone (714) 998-9337. There are also locations in Camarillo, Lomita, Wilmington and Lemon Grove. For additional information, go online to www.ThompsonBldg.com.

Sure design elements like trees, flowers, hedges and water features get all the attention, but it is the little touches that take make a landscape look expertly done. With everything from top soil to cement, **O.F. Wolfinbarger Inc.** has the best materials to finish off any lawn's look. They have a variety of decorative rocks in any shade imaginable, like Las Vegas Pink, California Gold, Santa Fe Sunrise, Burgundy Cinders and their newest item, Dalmatian. Those looking for decorative bark can choose from Forest Humus, Redwood Shavings, mini bark, Midnight Black or Sunset Red woodchip, shredder cedar mulch and more. Perfect for the home gardener as well as the professional, O.F. Wolfinbarger offers home delivery and pickup with trucks of different sizes. In business since 1929, the company looks forward to helping people create lawns they can be proud of, and encourages people to stop by their yard at 5675 Francis Ave., Chino. For additional information, call (909) 627-7481. To see a range of their products and services visit www.ofwolfinbargerinc.com

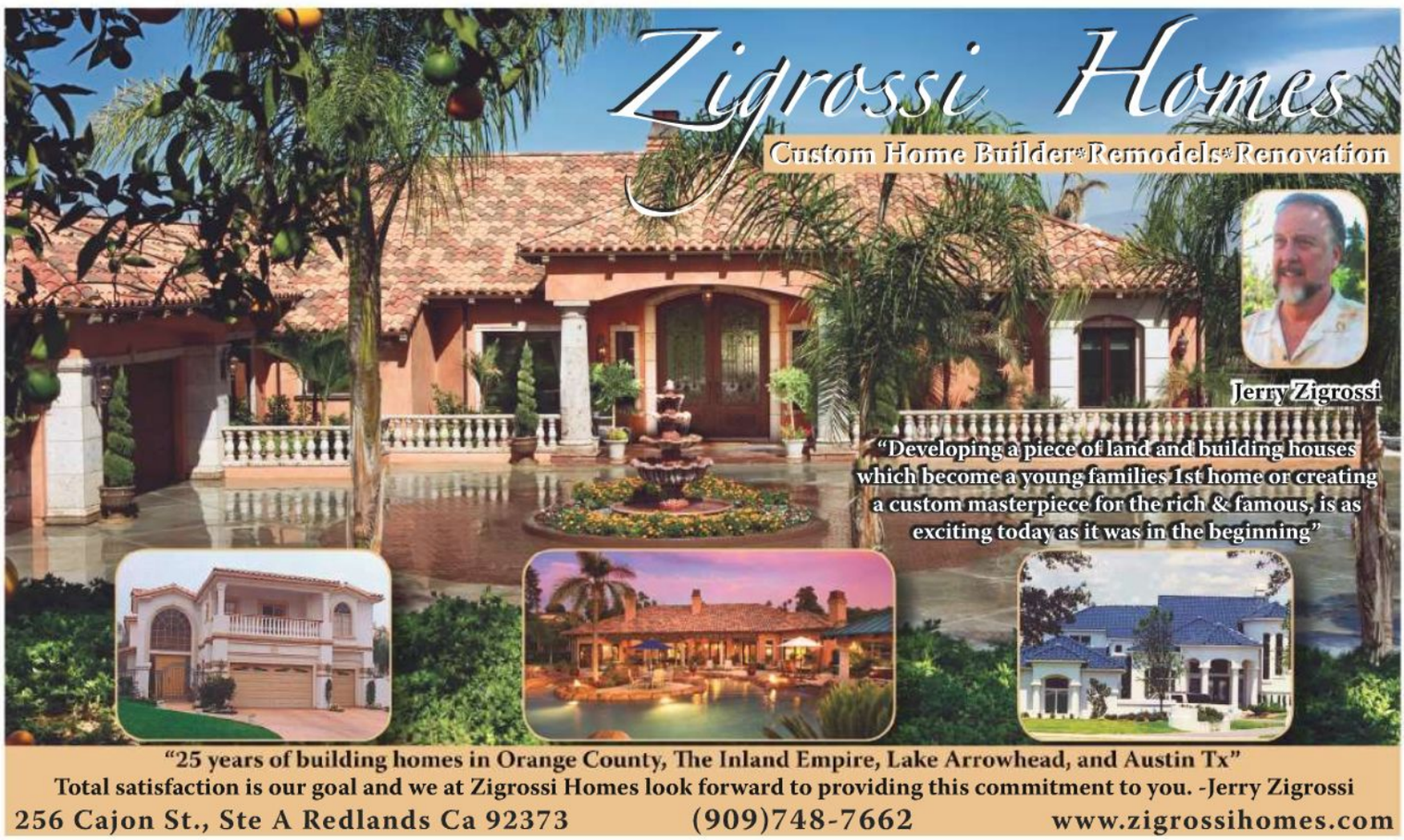
SOLAR POWER

Solar power offers a solution that is good for the environment and for the pocketbook, according to the people at the **Solar Energy Exchange**. Their business has been helping customers access alternative energy since 2002. They are also the original creators of a solar pool heating system. Maintaining that they "believe that clean energy is achievable and sustainable," they are focused on helping their customers receive safe, inexpensive energy that helps make the environment a healthier place for them and their children. Thanks to tax credits and incentive rebates, Solar Energy Exchange can encourage everyone to go solar, since these discounts can help pay for 50 to 70 percent of the installation costs. On top of that, the company offers free solar consultations, making it easier for each person to learn exactly how they can benefit from the power of the sun. Their test-proven equipment has a life span of over 30 years, but just to make sure everything is running smoothly, Solar Energy Exchange gives the system a free checkup one year after it is installed. To arrange a estimate or consultation call 1-888-323-7782 or visit their Web site, www.solarenergyexchange.net

CUSTOM HOMES

Since 1978, the Cornell family has literally turned dream homes into realities. Toby Cornell's father started the company, and it still focuses on the integrity and ethics it was founded upon. By assuring quility, workmanship, time-saving effectiveness and competitive pricing, **Cornell Custom Homes** has cultivated total satisfaction from generations of happy customers throughout the Inland Empire and Southern California. Though the company works with some of the best experts in the business, Cornell still personally inspects every home that his company designs and builds. He also works hard to keep the confusion out of the home building process and wants to help his clients understand every aspect of the process, from land selection to final inspection. He has been an active member of the Building Industry Association of Southern California, Inc. since 1998 and is a member of Western Regional Master Builders Association, National Association of Home Builders and The Better Business Bureau. He also actively volunteers his time and energy to various charities and organizations. For examples of Cornell Custom Homes, visit www.cornellcustomhomes.com, look for them on Facebook, or give them a call at (909) 614-1672. They are located at 14730 Central Ave., Chino.

Jerry Zigrossi loves building homes, which is why he's been doing it for the last 25 years. Whether he's helping to design a new couple's first home, or creating a custom masterpiece for the rich and famous, he says that "it's as exciting today as it was in the beginning." **Zigrossi & Co.** has been busy with projects all over Southern California and Texas. They recently finished two neighborhoods in Redlands, Ridgecrest Condominiums and Orange Grove Townhomes, and are now working on selling homes for a third, Villa Valencia Townhomes. They've also created the Redlands Classics, Mirabella Estates and Redlands Ridgecrest. A number of their custom homes in both Redlands and Lake Elsinore have graced the pages of Inland Empire Magazine over the years, featuring stylish kitchens, tranquil bathrooms and scenic yards. For more information, visit zigrossihomes.com or call (909) 748-7662. The corporate office is open Monday through Friday 8 a.m. to 4 p.m. at 256 Cajon St., Suite A, Redlands.



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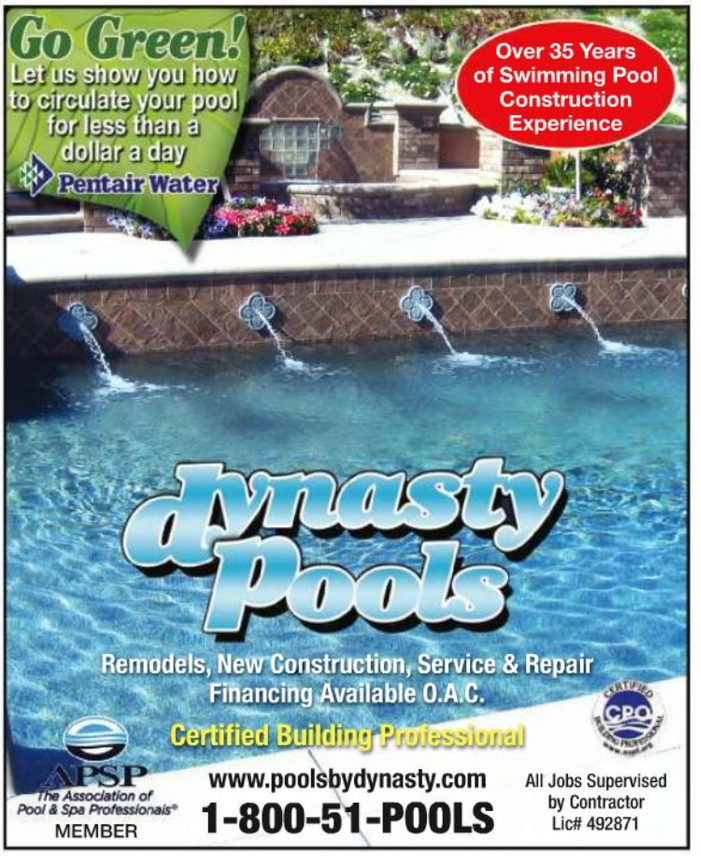

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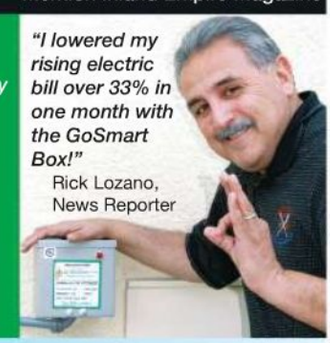
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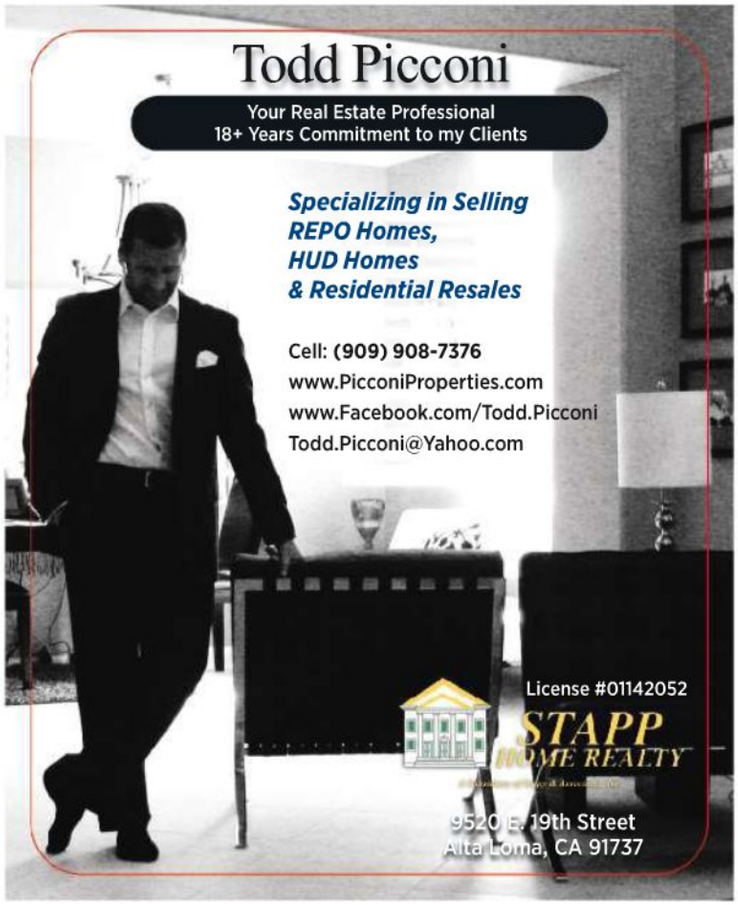

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PHOTO FINISH

Sometimes, in decorating as in life, less is more. In this foyer, a simple bench with a grouping of botanical prints plays off the pale green wall and picks up the colors in the nearby plant and accessories. The homeowner used Behr Paints' tranquil neutrals to set the tone, then added accesories and art to finish the look. But the key to this vignette is the artwork. Grouping similar prints into a collective with uniformly matted frames creates the impression of a single piece of art. You can test your arrangement by laying everything out on a large table or on the floor, then move the frames around until you have a combination that gives you the impact you're looking for. Another trick is to cut templates out of paper and tape the paper on the wall to see how it will look in place. Art should be eye level, so keep that in mind when creating your collection.

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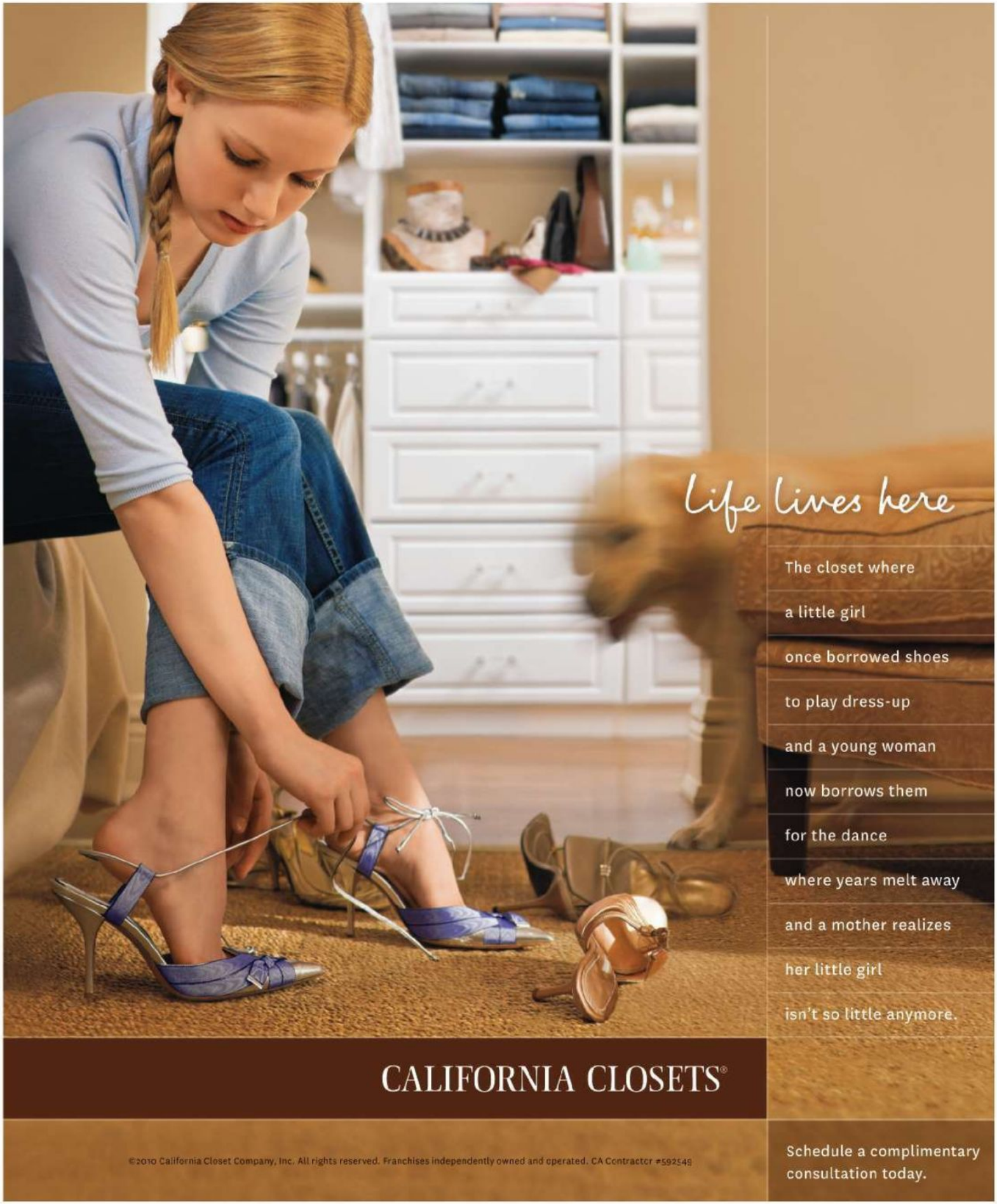

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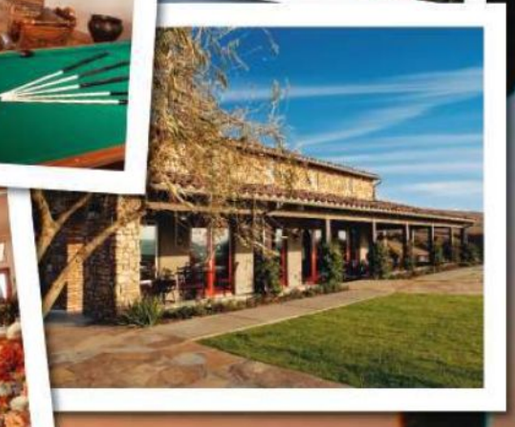

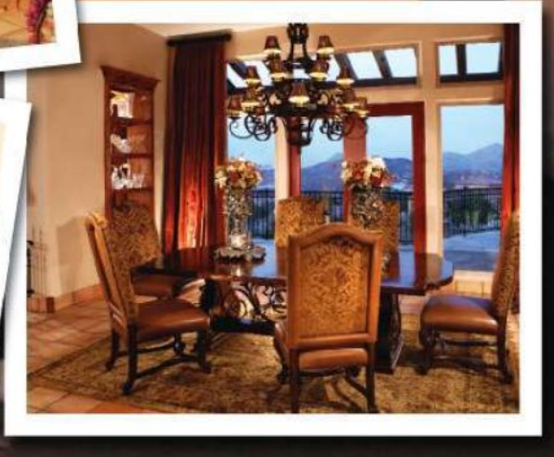

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